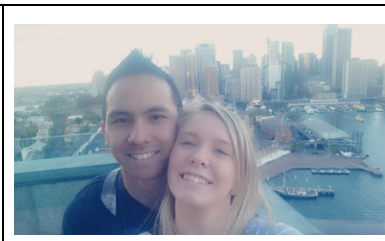


# A Lover's Trak

Choreographers: Fiona Murray (IRL),  
Roy Hadisubroto (NL)

January 2017



Type of dance: 2 Wall 64 Counts  
Level: Higher Intermediate  
Music: **What Lovers Do (A-Trak Remix)** by Maroon 5 & A-Trak Feat. SZA  
Intro: After 32 counts  
Note: Start before with feet apart and weight on right foot

Counts		End facing
<b>1 – 8</b>	<b>Funky Hitches, Slide, Sailor Step <math>\frac{3}{8}</math> Turn L</b>	
1 & 2 &	Swivel L heel to R side & touch R to R side (1), Swivel L toes to R side & hitch R leg (&), Swivel L heel to R side & touch R to R side (2), Swivel L toes to R side & hitch R leg (&)	12:00
3 & 4 &	Swivel L heel to R side & touch R to R side (3), Swivel L toes to R side & hitch R leg (&), Swivel L heel to R side & touch R to R side (4), Swivel L toes to centre & hitch R leg (&)	12:00
5 - 6	Big slide to R side (5 -6)	12:00
7 & 8	Cross L behind R (7), $\frac{1}{4}$ Turn L Step R beside L (&), $\frac{1}{8}$ Turn L Step L Forward (8)	7:30
<b>9 – 16</b>	<b>Heel Rocks Turn <math>\frac{1}{8}</math> R, Sailor Step, Lock, Hold, <math>\frac{1}{2}</math> Turn L Bounce 2x</b>	
1 & 2 &	Step R heel forward into diagonal L (1), Cross L behind R (&), Step R heel to R side (2), Turn $\frac{1}{8}$ to the R and step L forward (&)	9:00
3 & 4 &	Cross R behind L (3), Recover on L (&), Step R forward diagonally R (4), Lock L behind R	9:00
5 - 6	Hold (5), Hold (6)	9:00
7 – 8	Unwind $\frac{1}{4}$ Turn L on balls of feet bend knees once to make a bounce (7), Unwind $\frac{1}{4}$ Turn L on balls of feet bend knees once to make a bounce (8)	3:00
<b>17 – 24</b>	<b>Mambo Forward &amp; Back, Rock Step, Side Chase (Arms)</b>	
1 & 2	Rock R forward (1), Recover on L (&), Step R backwards (2)	3:00
3 & 4	Rock L backwards (3), Recover on R (&), Step L forward (4)	3:00
5 - 6	Rock R forward into R diagonal (5), Recover on L (6)	1:30
7 & 8 &	Step R to R side (7), Step L next to R (&), Step R to R side (8), Touch L next to R (&)	3:00
Arms	<i>Push both arms in front of body (&amp;), Pull both arms in towards body (5), Push both arms out in front of body (6), Bring both arms from R to L while stretched in front of body (7 &amp; 8 &amp;)</i>	
<b>25 - 32</b>	<b>Side Touches 2x, Side Chase, Hip Bumps, Paddle <math>\frac{1}{4}</math> Turn L</b>	
1 & 2 &	Step L to L side (1), Touch R next to L (&), Step R to R side (2), Touch L next to R (&)	3:00
3 & 4	Step L to L side (3), Step R next to L (&), Step L to L side (4)	3:00
5 & 6 &	Touch R forward with R hip bump forward and high (5), Relax R hip back to centre (&), R hip bump forward low (6), Relax R hip back to centre (&)	3:00
7 - 8	Step on to R (7) $\frac{1}{4}$ Turn L Step L to L side (8)	12:00
<b>33 – 40</b>	<b>Kick Out Out, Hold, Weave, Hold, Hook 2x</b>	
1 & 2	Kick R diagonally across L (1), Step R to R side (&), Step L to L side (2)	12:00
3 – 4 &	Hold (3), Cross R behind L (4), Step L to L side (&)	12:00
5 – 6	$\frac{1}{8}$ Turn L Cross R over L (5), Hold (6)	10:30
& 7 & 8	Hook L behind R (&), Step L back (7), Hook R in front of L (&), Press R forward (8)	10:30
<b>41 - 48</b>	<b>Step Back Touch x3, Hold, Touch, Heel Jack, Step</b>	
1 - 2 – a 3	Step R backwards (1), Touch L in place (&), Hold (2) Step L backwards (a), Touch R in place (3)	10:30
4 &	Step R backwards (4), Touch L in place (&)	10:30
5 – 6 &	Hold (5), Hold (6) Step L forward (&)	10:30
7 & 8 &	Touch R next to L (7), Step back onto R (&), L Heel forward (8), Step L forward (&)	10:30
<b>49 – 56</b>	<b>Rock Hook, Sweep <math>\frac{1}{8}</math> Turn R, Sailor Step, Ball Slide, Cross, Step <math>\frac{1}{4}</math> Turn L</b>	
1 - 2	Rock forward on R & hook L behind R knee (1), Recover on L $\frac{1}{8}$ Turn R while sweeping R from front to back (2)	12:00
3 & 4	Cross R behind L (3), Step L to L side (&), Step R to R side (4)	12:00
& 5 - 6	Close L next to R (&), Big step R to R side (5), Finish sliding L foot towards R (6)	12:00
7 - 8	Cross L over R (7), $\frac{1}{4}$ Turn L Step R back (8)	9:00
<b>57 - 64</b>	<b>Step <math>\frac{1}{4}</math> Turn L, Hold, Step, Hold, Camel Walk x2, Mambo Cross</b>	
1 - 2	$\frac{1}{4}$ Turn L Step L forward (1), Hold (2)	6:00
3 - 4	Step R forward and drag L next to R and pop L knee forward (3), Hold (4)	6:00
5 - 6	Step L forward and drag R next to L and knee forward (5), Step R forward & pop L knee forward (6)	6:00
7 & 8	Rock L to L side (7), Recover on R (&), Cross L over R (8)	6:00
	<b>START AGAIN AND HAVE FUNNNN</b>	
	<b><u>DARE TO BE UNIQUE</u></b>	