

Caught In A Trap

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Alison Metelnick (UK)

Music: Suspicious Minds (feat. Candi Staton) - Funky G



Dedicated to my very good friend Sue and her mice!

RIGHT KICK BALL CHANGE, RIGHT SIDE ROCK & RECOVER, RIGHT COASTER STEP, LEFT SIDE ROCK & RECOVER

- 1&2 Kick right foot forward, step right foot slightly back, step left foot in place
- 3-4 Rock right foot to right side, recover weight on left foot
- 5&6 Step right foot back, step left foot next to right, step right foot forward
- 7-8 Rock left foot out to left side, recover weight on right

LEFT KICK BALL CHANGE, LEFT SIDE ROCK & RECOVER, LEFT COASTER STEP, RIGHT SIDE ROCK & RECOVER

- 1&2 Kick left foot forward, step left foot slightly back, step right foot in place
- 3-4 Rock left foot to left side, recover weight on right
- 5&6 Step left foot back, step right foot next to left, step left foot forward
- 7-8 Rock right foot to right side, recover weight on left

½ PIVOT LEFT, RIGHT & LEFT HEEL SWITCHES, RIGHT SHUFFLE FORWARD, LEFT ROCK & RECOVER

- 1-2 Step right foot forward, pivot ½ turn left
- 3&4& Touch right heel forward, step right foot in place, touch left heel forward, step left foot in place
- 5&6 Step right foot forward, step left foot next to right, step right foot forward
- 7-8 Rock left foot forward, recover weight on right

LEFT TOE BEHIND UNWIND ½ TURN LEFT, RIGHT & LEFT HEEL SWITCHES, RIGHT SHUFFLE FORWARD, LEFT ROCK & RECOVER

- 1-2 Touch left toe behind right heel & unwind ½ turn left
- 3&4& Touch right heel forward, step right foot in place, touch left heel forward, step left foot in place
- 5&6 Step right foot forward, step left foot next to right, step right foot forward
- 7-8 Rock left foot forward, recover weight on right

FULL TURN LEFT, LEFT COASTER STEP, RIGHT CROSS ROCK & RECOVER, CHASSE RIGHT

- 1 Turning ½ left on right foot step left foot forward
- 2 Turning ½ left on left foot step right foot back
- 3&4 Step left foot back, step right foot next to left, step left foot forward
- 5-6 Cross step right over left, step left foot back
- 7&8 Step right foot to right side, step left foot next to right, step right foot to right side

RIGHT CROSS ROCK & RECOVER, ¼ CHASSE LEFT, ½ PIVOT LEFT, RIGHT SHUFFLE FORWARD

- 1-2 Cross step left over right, recover weight on left
- 3&4 Step left foot to left side, step right foot next to left, turning ¼ left step left foot forward
- 5-6 Step right foot forward, pivot ½ turn left
- 7&8 Step right foot forward, step left foot next to right, step right foot forward

LEFT ROCK & RECOVER, LEFT COASTER STEP, RIGHT ROCK & RECOVER, RIGHT COASTER STEP

- 1-2 Rock left foot forward, recover weight on right
- 3&4 Step left foot back, step right foot next to left, step left foot forward
- 5-6 Rock right foot forward, recover weight on left

7&8 Step right foot back, step left foot next to right, step right foot forward

½ PIVOT RIGHT, LEFT SHUFFLE FORWARD, JAZZ BOX

1-2 Step left foot forward, ½ pivot turn right

3&4 Step left foot forward, step right foot next to left, step left foot forward

5-8 Cross step right over left, step left foot back, step right foot next to left, step left foot forward

REPEAT

TAG

On wall 4 dance counts 1-38. Then for counts &39-40 do the following:

&39-40 Jump right, left apart and hold for 1 count & clap!

FINISH

To finish facing the front wall at the end of the dance try doing a ½ right turning jazz box and on count 64 stomp your left foot and throw both arms up to the ceiling! Looks really cool!
