

Trapped (In An Old Country Song)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Beginner
编舞者: Kevin Smith (AUS) & Maria Smith (AUS)
音乐: Trapped In an Old Country Song - Charley Pride



STEP DRAG FORWARD, WALTZ FORWARD

1-2-3 Step forward on left, drag right to left instep, step right next to left
4-5-6 Waltz forward stepping left-right-left

STEP DRAG BACK, WALTZ BACK

1-2-3 Step back on right, drag left toe to right instep, step left next to right
4-5-6 Waltz back stepping right-left-right

CROSS ROCK LEFT OVER RIGHT, REPEAT RIGHT OVER LEFT

1-2-3 Cross/rock left over right, return weight to right, step left to side
4-5-6 Cross/rock right over left, return weight to left, step right to side

SIDE STEP DRAG, HIP SWAY

1-2-3 Big step left to side, drag right toe to left instep
4-5-6 Rock/step right to side swaying hips to right, sway hips to left, sway hips to right

STEP ACROSS WEAVE, ½ TURN

1-2-3 Step left over right, step right to side, step left behind right
4-5-6 ¼ turn right stepping forward on right, step left forward, ¼ turn pivot right keeping weight on right

STEP ACROSS WEAVE, ½ TURN

1-2-3 Step left over right, step right to side, step left behind right
4-5-6 ¼ turn right stepping forward on right, step left forward, ¼ turn pivot right keeping weight on right

STEP POINT, SAILOR BACK

1-2-3 Step forward on left, point right toe to side
4-5-6 Waltz sailor back stepping right behind left, left to side, replace weight on right

LOCK STEP FORWARD, ½ TURN

1-2-3 Step forward on left, lock/step right behind left, step forward left
4-5-6 Waltz forward ½ turning left stepping right-left-right

REPEAT

ENDING

To finish dance you will be facing back wall on the drag back section. Simply ½ turn right and waltz forward to front wall