

# I'm Trapped

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 1      級數: High Beginner  
編舞者: Bella Jung (KOR) - October 2023  
音樂: Trap - HENRY



## NO RESTART / 1 EASY TAG

Start dance on the part "in a cage" after "like a kitty"

### SECTION I. ( Walk, Walk, Fwd Rock- Recover, Back, Coaster step, Toe point, Swivel )

1-2            Step R forward, Step L forward,  
3&4            R forward, Recover Back onto L, R backward  
5&6            Step L back , Step R next to L, Step L forward  
7&8            Point R Toe forward and Swivel(&), Recover

### SECTION II. ( Side Rock- Recover, Together, Side Rock- Recover, Together, Forward Rock- Recover, Together, Coaster step )

1&2            Step R side, L recover, Step R next to L  
3&4            Step L side, R recover, Step L next to R  
5&6            Step R forward, L recover, Step R next to L  
7&8            Step L back , Step R next to L, Step L forward

### SECTION III. ( Heel Switches, Side point, Together, Side Point, Together, Coaster step, Fwd, Sweep, Hitch )

1&2&            Heel R forward, recover, Heel L forward, recover  
3&4&            Toe R side, recover, Toe L side, recover  
5&6&            Step R back , Step L next to R, Step R forward, Step L forward (&)  
7-8            Sweep L Turn ¼ facing (9:00), Hitch R

### SECTION IV. ( Cross Rock- Recover Side 2x , Jazz Box )

1&2            Step R forward diagonal, Recover on L, Step R backward diagonal  
3&4            Step L forward diagonal, Recover on R, Step L backward diagonal  
5-6            Cross R forward, Step L backward ¼ facing (12:00)  
7-8            Step R side, Cross L forward

### TAG: During Wall 7, after Section 2 (Heel Switches, Point Switches)

1& 2&            Heel R forward, recover on R , Heel L forward, recover on L  
3& 4&            Touch R toe, recover on R , Touch L toe, recover on L

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