

I'm Trapped

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 1 級數: Phrased Intermediate
編舞者: Kenny Teh (MY) - October 2013
音樂: Trap (feat. Kyuhyun & Taemin) - Henry



Dance sequence: A, BBB, Tag 1, A, BBB, Tag 2, BBBB, Tag 1

Part A (32 counts)

- 1&2&3&4 Kick RF, step RF beside LF, touch LF to L, step LF beside RF, touch RF to R, step RF beside LF, touch LF to L
- 5&6 Bump LRL
- 7&8 ¼ R bump RLR (3.00)
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- 1&2 Scuff LF, hitch LF, ¼ L step down on L (12.00)
- 3&4 Scuff RF, hitch RF, ¼ R step down on R (3.00)
- &5&6 Step LF out, step RF out, step LF in, step RF in
- 7&8 Rotate R shoulders back, rotate L shoulders back, rotate R shoulders back,
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- 1&2&3&4 Step RF back, hitch LF, step LF back, hitch RF, step RF back, hitch LF, step LF beside RF
- 5&6 ¼R step R back and look back, ¼L recover LF, step RF beside LF
- 7&8 ¼L step L back and look back, ¼R recover RF, step LF beside RF
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- &1&2 Step RF out, step LF out, ¼ R step RF in, step LF in (6.00)
- &3&4 Step RF out, step LF out, ¼ R step RF in, step LF in (9.00)
- 5&6 Cross RF over LF, recover LF, ¼ R step RF to R (12.00)
- 7&8 Cross LF over RF, recover RF, step LF to L

Part B (16 counts)

- &1&2 Step down on RF, cross LF over RF, step down on RF, touch L heel diagonally L
- &3&4 Step down on LF, cross RF over LF, step down on LF, touch R heel diagonally R
- 5&6 R mambo
- 7&8 L mambo
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- 1&2 Tap RF, tap RF, step RF fwd
- 3&4 Tap LF, tap LF, step LF fwd
- 5 6 7 8 (Big step RF to R Clasp your chest, recover LF) x 2

Tag 1 (16 counts)

- 1 2 3 4 Big RF to R pulling R hand across and drag LF to R
- &5 6 7 8 Step down on LF, cross RF over LF and cross R hand over your head and down the L side
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- &1 2 3 4 ¼ R step back LF, cross touch RF over LF while spreading out both hands (3.00)
- &5 6 7 8 ¼ L step RF to R, step LF beside RF and bringing both hands down and then slowly bring them up outstretched at the sides (12.00)

Tag 2 (36 counts)

- 1 2 3 4 Big RF to R pulling R hand across and drag LF to R
- 5 6 7 8 Slow Body roll to the L
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- 1 - 8 Walk a full circle L (Michael Jackson walks)
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- 1 2 3&4 Big step RF to R, drag LF to RF, rotate shoulders RLR
- 5 6 7&8 Big step LF to L, drag RF to LF, rotate shoulders RLR

1&2	Tap RF, tap RF, step RF fwd
3&4	Tap LF, tap LF, step LF fwd
5 6 7 8	Step RF out, step LF out, step RF out, step LF out,
1&2&3	Running steps: step RF, step LF beside RF, step RF beside LF, step LF beside RF, step RF beside LF
4	Jump both F together

Dance sequence: A, BBB, Tag 1, A, BBB, Tag 2, BBBB, Tag 1
