Trapped (In An Old Country Song)

Level: Beginner

Choreographer: Kevin Smith (AUS) & Maria Smith (AUS)

Music: 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

Count: 48

- 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

- Big step left to side, drag right toe to left instep 1-2-3
- 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 ¹/₄ turn right stepping forward on right, step left forward, ¹/₄ 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 1/4 turn right stepping forward on right, step left forward, 1/4 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 ¹/₂ turning left stepping right-left-right

REPEAT

ENDING

To finish dance you will be facing back wall on the drag back section. Simply 1/2 turn right and waltz forward to front wall





Wall: 2