

# I'm Trapped

**COPPER KNOB**  
STEPPERS

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)
- 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,
- 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
- &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
- 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
- &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 slowing 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
- 1 - 8      Walk a full circle L (Michael Jackson walks)
- 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**

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