

# I'm Trapped

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**Count:** 48

**Wall:** 1

**Level:** Phrased Intermediate

**Choreographer:** Kenny Teh (Oct 2013)

**Music:** Trap by Henry (with Kyuhyun & Taemin)

**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&8¼ 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&6¼R step R back and look back, ¼L recover LF, step RF beside LF**

**7&8¼L 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&6R mambo**

**7&8L 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 Clasping 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 4¼ R step back LF, cross touch RF over LF while spreading out both hands (3.00)**

**&5 6 7 8¼ 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**