



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Caught In A Trap

64 Phrased count, 4 wall, Intermediate level
Choreographer : Alison Biggs (UK) Feb 2001
Choreographed to : Suspicious Minds by Funky G
featuring Candi Staton (start after 16 counts);
Everything You Need by Maddison Avenue; Can't
Fight the Moonlight (Latino Mix) by LeAnn Rimes
e-mail : alison.biggs@ntlworld.com

Choreographers note: As always there is a slight hiccup in the phrasing of the music but don't panic it is easy to overcome! So here we go, do the first 3 walls as written then on wall 4 dance counts 1- 38, then for counts &39-40 do the following:

&39-40 Jump right, left apart and hold for 1 count & clap!

From there, there are 3 more walls to take you to the end of the track so in other words we dance:

64, 64, 64 40 (with variation as above) 64, 64, 64

Another suggestion, if you would like to finish facing the front wall at the end of the dance try doing a ½ right turning jazz box and on count 64 stomp your left foot and throw both arms up to the ceiling! Looks really cool!!

R KICK BALL CHANGE, R SIDE ROCK & RECOVER, R COASTER STEP, L SIDE ROCK & RECOVER

1&2 Kick right foot forward, step right foot slightly back, step left foot in place
3-4 Rock right foot to right side, recover weight on left foot
5&6 Step right foot back, step left foot next to right, step right foot forward
7-8 Rock left foot out to left side, recover weight on right

L KICK BALL CHANGE, L SIDE ROCK & RECOVER, L COASTER STEP, R SIDE ROCK & RECOVER

1&2 Kick left foot forward, step left foot slightly back, step right foot in place
3-4 Rock left foot to left side, recover weight on right
5&6 Step left foot back, step right foot next to left, step left foot forward
7-8 Rock right foot to right side, recover weight on left

½ PIVOT L, R & L HEEL SWITCHES, R SHUFFLE FORWARD, L ROCK & RECOVER

1-2 Step right foot forward, pivot ½ turn left
3&4& Touch right heel forward, step right foot in place, touch left heel forward, step left foot in place
5&6 Step right foot forward, step left foot next to right, step right foot forward
7-8 Rock left foot forward, recover weight on right

L TOE BEHIND UNWIND ½ TURN L, R & L HEEL SWITCHES, R SHUFFLE FORWARD, L ROCK & RECOVER

1-2 Touch left toe behind right heel & unwind ½ turn left
3&4& Touch right heel forward, step right foot in place, touch left heel forward, step left foot in place
5&6 Step right foot forward, step left foot next to right, step right foot forward
7-8 Rock left foot forward, recover weight on right

FULL TURN L, L COASTER STEP, R CROSS ROCK & RECOVER, CHASSE R

1 Turning ½ left on right foot step left foot forward
2 Turning ½ left on left foot step right foot back
3&4 Step left foot back, step right foot next to left, step left foot forward
5-6 Cross step right over left, step left foot back
7&8 Step right foot to right side, step left foot next to right, step right foot to right side

R CROSS ROCK & RECOVER, ¼ CHASSE L, ½ PIVOT L, R SHUFFLE FORWARD

1-2 Cross step left over right, recover weight on left
3&4 Step left foot to left side, step right foot next to left, turning ¼ left step left foot forward
5-6 Step right foot forward, pivot ½ turn left
7&8 Step right foot forward, step left foot next to right, step right foot forward

L ROCK & RECOVER, L COASTER STEP, R ROCK & RECOVER, R COASTER STEP

- 1-2 Rock left foot forward, recover weight on right
- 3&4 Step left foot back, step right foot next to left, step left foot forward
- 5-6 Rock right foot forward, recover weight on left
- 7&8 Step right foot back, step left foot next to right, step right foot forward

½ PIVOT R, L SHUFFLE FORWARD, JAZZ BOX

- 1-2 Step left foot forward, ½ pivot turn right
- 3&4 Step left foot forward, step right foot next to left, step left foot forward
- 5-8 Cross step right over left, step left foot back, step right foot next to left, step left foot forward

Begin again!