

Count: 32 Wand: 4 Ebene: Intermediate / Advanced

Choreograf/in: Guyton Mundy (USA)

Musik: Caught Up - Usher



ARM ROLL, PRESS WITH KNEE POP, KNEE POP, BODY ROLL, STEP, 1/4 TURN PIVOT, SHOULDER

1&2	Feet shoulder with apart with left arm extended out to left side, roll arm from fingers to
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shoulder like a wave, pop right knee out to right while pressing on right foot

3&4 Pop right knee in, roll body to the left while transferring weight to left foot, drag right foot into

left

5-6 Step forward on left, make a ¼ pivot turn to left 7-8 Shrug shoulders right, shrug shoulders left

34 SLIDE AROUND, KNEE BREAKS, BODY POPS, SIDE STEPS

1-2	Slide right foot pa	ast left foot while making a	a ¼ turn to leπ, slide le	eft foot back past right making
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a ¼ turn to left

3-4 Slide right foot past left, while making a ¼ turn o left, step left out shoulder with apart

5 Bend knees in together while dropping body 6-7 Rock shoulders right, rock shoulders left

&8 Step right foot into left, step left to left side while raising body back up

1/2 TURN WALK, WALK, STEP TOGETHER, STEP, HOLD, CROSS WALKS

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1-7	Nake a 1/2 furr	i to the riant	STANNING T	rorward on	riant sten :	forward on left
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&3-4 Step together with right, step forward on left, hold

Walking to the side cross right over left, step left to left side
Cross right over left, make a¼ turn to left bringing feet together

ARM STYLING WITH BODY POP

1	Bring arms up to chest level hands in front of chest, palms down, with left hand on top of right
&	Arc body to the right, hands still in front of chest, arms angled with left elbow up right elbow down
2&	Take right hand in front of right knee, pop right knee out using hand like it is controlling its movement
3	Pop right knee back in using hand like it is controlling it

5 Pop right knee back in using hand like it is controlling it

& Bring right hand back up to left hand (like in count 1) straitening body

4& Raise left arm while lowering right arm (you are opening up the arms) bring them back

together

5-6 Roll arms from right elbow to left elbow (like a wave) step left out to left side

7-8 Take right hand around the back of the head clock wise, extend left arm out to left side

REPEAT