

Caught Up

Count: 0

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Sandi Leroux (CAN)

Musik: Caught Up - Usher



Sequence: AA, BB, BRIDGE, AA, BBBB, A, BBBB, BRIDGE

PART A

POINT TOUCH LOCK STEPS

- 1-2 Touch right toe in front, touch right toe back
- 3&4 Step right, slip left behind right, step forward right
- 5-6 Touch left toe in front, touch left toe back
- 7&8 Step left, slip right behind left, step forward left

STEP HITCH TURNS, SAILOR STEP

- 1-2 Step forward right, ¼ turn right while hitching left knee up
- 3-4 Step forward left, ½ turn right while hitching right knee up
- 5-6 Touch right toe in front, right hip roll
- 7&8 Step right back, step left beside right, step right forward

Repeat entire sequence as above but on left side

POINT TOUCH LOCK STEPS

- 1-2 Touch left toe in front, touch left toe back
- 3&4 Step left, slip right behind left, step forward left
- 5-6 Touch right toe in front, touch right toe back
- 7&8 Step right, slip left behind right, step forward right

STEP HITCH TURNS, COASTER STEP

- 1-2 Step forward left, ¼ turn left while hitching right knee up
- 3-4 Step forward right, ½ turn left while hitching left knee up
- 5-6 Touch left toe in front, left hip roll
- 7&8 Step left back, step right beside left, step left forward

PART B

- 1-2&3 Right ronde, hold, step back right, step left in front of right
- 4-5&6 Repeat 1-3
- 7-8&1 Touch right toe to right side, step right behind left, step left beside right, step right in front of left
- 2-3-4&5 Rock left, rock right, step left behind right, step right beside left, step left beside right
- 6-7-8 Touch right toe behind left, unwind right 1 full turn

BRIDGE

- 1-2-3&4 Step left to left side, step right beside left, triple forward left right left
- 5-6-7&8 Step right to right side, step left beside right, triple back right left right (turn ½ left on triple)
- 1-2-3&4 Repeat 1-4
- 5-6-7&8 Repeat 5-8