

(All) Caged Up

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Bryan McWherter (USA)

Musik: Little Bird - Sherrié Austin



TOE, HEEL, KICK, STEP, TOE, HEEL, KICK, STEP

- 1-4 Step right toe forward, drop right heel, kick left forward, step left slightly forward
5-8 Step right toe forward, drop right heel, kick left forward, step left slightly forward

KICK, ROCK, STEP, KICK, ROCK, STEP, STEP, CROSS

- 1-4 Kick right forward, rock right back, recover to left, kick right forward
5-8 Rock right back, recover to left, step right slightly to side, cross left over right

SHUFFLE, ROCK, RECOVER, SHUFFLE, ROCK, RECOVER

- 1&2 Step right slightly to side, slide/step left together, step right slightly to side
3-4 Rock left back, recover to right
5&6 Step left slightly to side, slide/step right together, step left slightly to side
7-8 Rock right back, recover to left

TURN ½ PADDLE, STEP, STEP

- 1-2 Step right toe forward, turn 1/8 left (weight to left)
3-4 Step right toe forward, turn 1/8 left (weight to left)
5-6 Step right toe forward, turn 1/8 left (weight to left)
7-8 Stomp/step right forward, stomp/step left together

Steps 1-6 should progress to make a turn ½ to your left (ending opposite of line of dance.)

REPEAT
