Caught Up In The Spirit

Level: Absolute Beginner

Choreographer: Rhonda Johnson (CAN) - November 2024 Music: Holiday Feelin (feat. Franky C) - Silverson

No tags, no restarts!

Section 1: Skate, Skate, Slow Shuffle

Count: 32

- Glide/step R diagonally forward, Hold, glide/step L diagonally forward, Hold 1,2,3,4
- 5,6,7,8 On slight diagonal, step R forward, step L together with R, step R forward, Hold

Section 2: Skate, Skate, Slow Shuffle

- 1,2,3,4 Glide/step L diagonally forward, Hold, glide/step R diagonally forward, Hold
- 5,6,7,8 On slight diagonal, step L forward, step R together with L, step L forward, Hold

Section 3: Cross Rock, Side, Hold, Cross Rock, ¼ Turn, Touch

- 1,2,3,4 Step R over L, Recover on L, Step R to side, Hold
- 5,6,7,8 Step L over R, Recover on R, Step L 1/4 turn to left, Touch R beside L

Section 4: K-Step with Double Claps and Single Claps

- 1,2& Step R diagonally forward, touch L beside R/clap, clap
- 3,4 Step L diagonally back, touch R beside L/clap
- 5,6& Step R diagonally back, touch L beside R/clap, clap
- 7,8 Step L diagonally forward, touch R beside L/clap

Enjoy & feel free to modify in any way that suits your needs!





Wall: 4