

Caught Up 19

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jan Phillips (UK), Rob Fowler (ES) & I.C.E. (ES) - September 2020
音乐: Caught Up In The Country (Sam Feldt Remix) - Rodney Atkins & Sam Feldt



Intro: 16 counts (approx. 8 secs) Start on the lyric "Square" - (No Tags or Restarts)

S1 Rock Fwd, Recover, Heel, Hold, Step, Right Dorothy, Left Dorothy

1,2& Rock fwd on R, recover, step R next to L
3,4& Touch L heel fwd, hold, step L next to R
5,6& Step R diagonally fwd R, lock L behind R, step R diagonally fwd R
7,8& Step L diagonally fwd L, lock R behind L, step L fwd diagonally L 12.00

S2 Step, Pivot ½ Turn, Step, Pivot ¼ Turn, Heel Dig, Together, Point, Heel Dig, Together, Point

1,2 Step fwd R, pivot ½ turn L
3,4 Step fwd R, pivot ¼ turn L 3.00
5&6 Touch R heel fwd, step R next to L, point L to L side
7&8 Touch L heel fwd, step L next to R, point R to R side

S3 Cross Rock, Recover, R Chasse, Step, Pivot ½ Turn, Cross Shuffle

1,2 Cross rock R over L, recover on L
3&4 Step R to R side, step L next to R, step R to R side
5,6 Step fwd L, pivot ½ turn R 9.00
7&8 Step L over R, step R to R side, step L over R

S4 Side Rock, Recover, Together, Side Rock, Recover, Behind, Unwind, Step, Pivot ¼ Turn

1,2& Rock R to R side, recover on L, step R next to L
3,4 Rock L to L side, recover on R
5,6 Step L behind R, unwind a full turn L (weight on L)
7,8 Step R fwd, pivot ¼ turn L 6.00

S5 Switches, Heel Digs, R Vaudeville, Cross, Hold

1&2& Point R toe to R side, step R next to L, point L toe to L, step L next to R
3&4& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R
5&6& Cross R over L, step L to L side, touch R heel fwd, step R next to L
7,8 Step L over R, hold 6.00

S6 Brush, Rock Fwd, Recover, Behind, Side, Cross, Side Rock, Recover ¼ Turn, Fwd Shuffle

&1,2 Brush R to R diagonal, rock diagonally fwd on R, recover on L 7.30
3&4 Step R behind L straightening to 6.00, step L to L side, cross R over L 6.00
5,6 Rock L to L side, recover on R making ¼ turn R 9.00
7&8 Step L fwd, step R next to L, step L fwd

S7 Rock Fwd, Recover, ½ Turn, ½ Turn, Walk Fwd R, Walk Fwd L, Rock Fwd, Recover

1,2 Rock fwd on R, recover on L
3,4 Make ½ turn R stepping R fwd, make ½ turn R stepping L back 9.00
5,6 Walk fwd on R, walk fwd on L
7,8 Rock fwd on R, recover on L

S8 Jump/Step Back R/L, Hold, Jump/Step Back R/L, Hold, Heel, Together, Heel, Together, Heel, Hold

&1,2 Jump/step back and out on R, jump/step back and out on L, hold (optional clap)
&3,4 Jump/step back and in on R, jump/step L next to R, hold (optional clap)

5&6& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R
7,8 Touch R heel fwd, hold 9.00

Start Over

ENDING: Wall 7: Dance up to and including count 16, then rock fwd on R, recover on L, make a ¼ turn R stepping R to R side to face 12.00 (or additional option: replace the ¼ turn R with a 1¼ turn R).
