

Caught Up

拍数: 64 墙数: 2 级数: Advanced
编舞者: Craig Bennett (UK)
音乐: Caught Up - Usher



SIDE ROCK AND SIDE ROCK CROSS, WEAVES ¼ TURN, PRESS KICK

1-2& Step left to left side, rock back onto right foot, recover weight onto left
3&4 Rock right to right side, recover weight onto left, cross right over left
5-6& Step left to left side, step right behind left, step forward onto left making ¼ turn left
7-8 Press forward onto right, kick right foot forward, as you take weight onto left

RIGHT LOCK, LEFT LOCK, TOUCH RIGHT TOE BACK UNWIND ½ TURN, TWIST HEELS MAKING ½ TURN

1&2 Step back onto right, lock left foot in front of right, step back onto right foot
3&4 Step back onto left, lock right foot in front of left, step back onto left foot
5-6 Touch right toe behind left, unwind ½ turn right
7&8 Twist heels to right twice as you make ½ left

CROSS POINTS AND CROSS BACK SIDE, REPEAT MAKING ½ TURN LEFT

1-2 Cross right over left, point left to left side
3&4 Cross left over right, step back onto right, step left to left side
5-6 Cross right over left, point left to left side
7&8 Cross left over right, make ¼ turn stepping back onto right, make ¼ turn stepping forward onto left foot

RIGHT AND LEFT SHUFFLE FORWARD, ROCK RECOVER ¼ SLIDE TOGETHER

1&2 Step right foot forward, bring left in place, step right foot forward
3&4 Step left foot forward, bring right in place, step left foot forward
5-6 Rock forward onto right, recover weight onto left
7-8 Step right foot to right side, making ¼ turn right, bring left in place (taking weight)

STEP ONTO HEELS, ¼ STEPPING SIDE, CROSS, SIDE SHUFFLE, LEFT COASTER STEP

1-2 Step forward onto right heel, step forward onto left heel taking weight onto heels

Easy option: step forward onto right foot, step forward onto left foot

3-4 ¼ turn right stepping right to right side, cross left foot in front of right
5&6 Step right to right side, bring left in place, step right to right side
7&8 Step back onto left, bring right in place, step forward onto left

KICK AND TOUCH TWICE, SAILOR ½ TURN, LEFT SHUFFLE FORWARD

1&2 Kick right foot forward, bring right in place, touch left to left side
3&4 Kick left foot forward, bring left in place, touch right to right side

On wall 2, go to the tag from here before restarting the dance

5&6 Sailor ½ turn right
7&8 Step forward onto left, bring right in place, step forward onto left

HEEL, TOE ¼ TURN RIGHT, TOUCH LEFT CROSS, TOUCH LEFT SIDE, HITCH LEFT, ½ MONETARY

1-2 Touch right heel forward, touch right toe back
3-4 Unwind heels ¼ turn right, touch left toe in front of right
5-6 Touch left toe to left side, hitch left knee up
&7-8 Step left in place, touch right to right side, ½ turn bringing right in place

STEP SCUFF, STEP BOUNCE, BOUNCE MAKING ½ TURN, SIDE TOUCH TWICE

- 1-2 Step forward left, scuff the right past the left
3&4 Step right forward, bounce heels making $\frac{1}{4}$ turn, bounce heels making $\frac{1}{4}$ turn
5-6 Step right to right side, touch left toe behind right
7-8 Touch left toe to left side, touch left behind right

REPEAT

TAG

On 2nd wall, after count 44

- 1-2 Rock forward onto right, recover onto left
3-4 $\frac{1}{4}$ Turn stepping right to right side, touch left in place

Start dance over after tag
