

# Caught Up

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 2      级数: Intermediate/Advanced  
编舞者: Sandi Leroux (CAN)  
音乐: 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,  $\frac{1}{4}$  turn right while hitching left knee up  
3-4            Step forward left,  $\frac{1}{2}$  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,  $\frac{1}{4}$  turn left while hitching right knee up  
3-4            Step forward right,  $\frac{1}{2}$  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  $\frac{1}{2}$  left on triple)  
1-2-3&4            Repeat 1-4  
5-6-7&8            Repeat 5-8