

Caught Up

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, ¼ turn right while hitching left knee up
3-4 Step forward left, ½ 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, ¼ turn left while hitching right knee up
3-4 Step forward right, ½ 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 ½ left on triple)
1-2-3&4 Repeat 1-4
5-6-7&8 Repeat 5-8