

# Caught Up 19

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Jan Phillips (UK), Rob Fowler (ES) & I.C.E. (ES) - September 2020  
音樂: 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  $\frac{1}{4}$  turn R stepping R to R side to face 12.00 (or additional option: replace the  $\frac{1}{4}$  turn R with a  $1\frac{1}{4}$  turn R).**

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