

Caught Up

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Michael Vera-Lobos (AUS)
音樂: The Thought of Bein' In Love - Chad Brock



CROSS KICK, OUT-OUT, TOUCH SIDE, ¼ SWEEP, RIGHT SAILOR, ¼ RIGHT, ¾ RIGHT

- 1&2-3&4 Cross kick right over left, step right to right & left to left, touch right beside left, turning ¼ turn right kick right to right
- 5&6-7-8 Cross right behind left, rock left to left, rock weight to right, cross step left forward over right, turning ¼ turn right, turning a further ¾ turn right step back on right

ROCK FORWARD/BACK, LOCK SHUFFLE BACK, ROCK BACK/FORWARD, TURN ½ LEFT, ¼ LEFT

- 1-2-3&4 Rock forward left, rock back on right, lock shuffle back left stepping left, right, left
- 5-6-7-8 Rock back on right, rock forward on left, traveling forward step forward right turning ½ turn left, step back on left turning ¼ turn left

CROSS ROCK, REPLACE, SIDE SHUFFLE RIGHT ¼ RIGHT, STEP FORWARD, ¼ RIGHT, CROSS LEFT, ¼ LEFT

- 1-2-3&4 Cross rock right over left, rock back on left, step right to right, left beside right, step right to right turning ¼ turn right
- 5-6-7-8 Step forward left, pivot ¼ turn right, cross step left over right, step back on right turning ¼ turn left

LEFT COASTER, STEP FORWARD FULL TURN HOOK, SHUFFLE FORWARD LEFT, STEP FORWARD, ¾ PIVOT LEFT

- 1&2-3-4 Step back left, step right beside left, step forward left, step forward right, turning full turn left hook left over right
- 5&6-7-8 Shuffle forward left stepping left, right, left, step forward on right, pivot ¾ turn left (end weight left)

SIDE SHUFFLE RIGHT, LEFT SAILOR, RIGHT SAILOR ¼ RIGHT, ½ RIGHT, ¼ RIGHT

- 1&2-3&4 Side shuffle right stepping right, left, right, cross left behind right, rock right to right, rock weight to left
- 5&6-7-8 Cross right behind left, step left beside right turning ¼ turn right, step forward right, step forward left turning ½ turn right, step back on right turning ¼ turn right

CROSS ROCK, REPLACE, ¼ SHUFFLE LEFT, STEP FORWARD, ½ HEEL BOUNCE, LEFT COASTER

- 1-2-3&4 Cross rock left over right, rock back on right, turning ¼ turn left shuffle forward left, right, left
- 5&6-7&8 Step forward right, turning ½ turn left raise & drop heels, step back left, step right beside left, step forward left

STEP FORWARD- TOUCH, STEP BACK- TOUCH, BALL STEP, ½ TURN, ½ SHUFFLE

- 1-2-3-4 Step forward right, touch left beside right, step back left, touch right beside left
- &5-6-7&8 Step ball of right beside left & step forward left, step forward right turning ½ turn left, turning ½ turn left shuffle forward left stepping left, right, left

TOUCH SIDE, ¼ TOUCH, BEHIND, SIDE, CROSS, STEP/Drag, BALL CROSS, STEP SIDE

- 1&2-3&4 Touch right toe right, step right beside left turning ¼ turn right & touch left to left, cross left behind right, step right to right, cross left over right
- 5-6&7-8 Step right to right, drag left towards right, step ball of left to left crossing right over left, step left to left

REPEAT

TAG

At end of wall 1 and wall 3, do all 32 counts of tag. At end of wall 4, only do 24 counts of the tag.

SIDE /DRAG, BEHIND, ¼ RIGHT, STEP FORWARD, STEP ½ TURN, STEP ½ TURN

- 1-2&3-4 Step side right, drag left, step ball of left behind right, turn ¼ turn right on right, step forward left
- 5-6-7-8 Step forward right, pivot ½ turn left, step forward right, pivot ½ turn left

ROCK FORWARD/BACK, ½ SHUFFLE RIGHT, ROCK FORWARD/BACK, LEFT COASTER

- 1-2-3&4 Rock forward right, rock back on left, turning ½ turn right shuffle forward right
- 5-6-7&8 Rock forward left, rock back on right, step back left, step right beside left, step forward left

SIDE /DRAG, BEHIND, ¼ RIGHT, STEP FORWARD, STEP ½ TURN, STEP ½ TURN

- 1-2&3-4 Step side right, drag left, step ball of left behind right, turn ¼ turn right on right, step forward left
- 5-6-7-8 Step forward right, pivot ½ turn left, step forward right, pivot ½ turn left (24 counts at end of wall 4)

ROCK FORWARD/BACK, ½ SHUFFLE RIGHT, STEP FORWARD LEFT, ½ PIVOT RIGHT, SHUFFLE FORWARD LEFT

- 1-2-3&4 Rock forward right, rock back on left, turning ½ turn right shuffle forward right
- 5-6-7&8 Step forward left, pivot ½ turn right, shuffle forward on left stepping left, right, left
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