

# Caught Up

拍數: 64      牆數: 2      級數: Advanced  
編舞者: Craig Bennett (UK)  
音樂: 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**

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