

# Caught Up

**COPPER** **KNOB**  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Intermediate/Advanced  
編舞者: Sandi Leroux (CAN)  
音樂: 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