

Caught Slippin'

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Jordan Lloyd (UK) - May 2010
音樂: Caught Me Slippin' (feat. Flo Rida) - Nathan



Intro: 16 counts after the heavy beat, just before the vocals (approx 15 seconds)

Ball Rock, Recover ¼, Step ¼, Step ¼, Rock Recover, Step Back, Bump ½, Step.

&1 Step right next to left, rock left out to left side.
2&3 Recover back on right as you make a ¼ turn left, step left out to left making a ¼ turn left, step forward on right as you make a ¼ turn left.
4&5 Rock forward on left, recover back on right, step back on left.
6&7 Touch right back as you bump hips Back, bump hips left as you make a ¼ turn right, bump hips forward as you make a ¼ turn right (putting weight forward onto right foot).
8 Step forward on left.

Kick Ball Touch, Hitch ½, Touch, Ball Side, Sailor ½, Step Forward ¼.

1&2 Kick right foot forward, step right next to left, touch left back.
3&4 Hitch left foot up as you make a ½ turn left, step left next to right, touch right foot forward.
&5 Step right next to left, step left foot to left side.
6&7 Step right behind left, step left to left side as you make a ¼ turn left, step right to right side as you make a ¼ turn left.
8 Step forward on right making a ¼ turn left.

Step ¼, Together Cross, Step ¼, Together Cross, Step Side, Cross, Rock Recover, Step

1,2& Step right to right side making a ¼ turn left, step left next to right, cross right over left.
3,4& Step left to left side making a ¼ turn left, step right next to left, cross left over right
5 Step right to right side.
6&7 Cross left over right, rock back on right, recover forward on left.
8 Step forward on right

Shuffle Forward, Out Out, Touch, Side, Coaster Step, Heel Touch.

1&2 Step left forward, step right next to left, step left forward
&3 Step right out slightly to right, step left out slightly to left.
4,5 Touch right slightly behind left, Step right to right side.
6&7 Step left back, step right next to left, step forward on left.
8 Touch right heel slightly forward.

Hitch, Ball Touch, Step Back, Shuffle ½, Step ¼, Sailor Step.

1&2 Hitch right knee, step right next to left, touch left foot forward.
3 Step back on left.
4&5 Step right to right side making a ¼ turn right, step left next to right, step forward on right making a ¼ turn right.
6 Step left to left side making a ¼ turn right.
7&8 Step right behind left, step left to left side, step right to right side.

Cross, Touch & Touch, Ball Step, Drag, Ball Step, Touch ¼, Touch Back.

1 Cross left over right.
2&3 Touch right to right side, step right next to left, touch left to left side.
&4,5 Step left next to right, step right forward, drag left up to right.
&6 Step left next to right, step right forward.
7&8 Touch left forward making a ¼ turn left, step left next to right, touch right back.

Cross Step Together, Cross Step Together, Cross, Side, Back Rock.

- 1&2 Cross right over left, step left to left side, step right next to left.
3&4 Cross left over right, step right to right side, step left next to right.
5,6 Cross right over left, step left to left side.
7,8 Rock back on right on the right diagonal, recover forward on left.

Side Shuffle, Sailor, Behind, Side, Cross, Step, Hold.

- 1&2 Step right to right side, step left next to right, step right to right side.
3&4 Step left behind right, step right out to right, step left out to left.
5&6 Step right behind left, step left to left side, cross right over left.
7,8 Step left to left side, hold.

Start Again!!

Enjoy

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