

# CAUGHT UP

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**Count:** —                      **Wall:** 2                      **Level:** intermediate/advanced

**Choreographer:** Sandi Leroux

**Music:** Caught Up by 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,  $\frac{1}{4}$  turn right while hitching left knee up
- 3-4            Step forward left,  $\frac{1}{2}$  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,  $\frac{1}{4}$  turn left while hitching right knee up
- 3-4            Step forward right,  $\frac{1}{2}$  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  $\frac{1}{2}$  left on triple)
- 1-2-3&4** Repeat 1-4
- 5-6-7&8** Repeat 5-8