

CAUGHT UP

LINEDANCE.COM

Count: 64

Wall: 2

Level: advanced

Choreographer: Craig Bennett

Music: Caught Up by 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

3-4¼ 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 ¼ turn, bounce heels making ¼ 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

3-4¼ Turn stepping right to right side, touch left in place

Start dance over after tag

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=60461