

Caught Up

64 count, 2 wall, advanced level

Choreographer: Craig Bennett (UK) April 2005
Choreographed to: Caught Up by Usher, Cd single or
Confessions album

1-8 Side rock and side rock cross, weaves ¼ turn, press kick

1-2& Step left to left side(1), rock back onto right foot(2), 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.

1-8 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

1-8 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 on right, make ¼ turn stepping forward on left foot

1-8 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)

1-8 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 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

1-8 Kick and touch x2, 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 *
5&6 Sailor ½ turn right
7&8 step forward onto left, bring right in place, step forward onto left

1-8 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

1-8 step scuff, step bounce, bounce making ½ turn, side touch x2

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

Tag: * It comes on 2nd wall in section 6, dance 1st 4 counts

1-2 Rock forward onto right, recover onto left
3-4 ¼ turn stepping right to right side, touch left in place

Start dance over after tag
