

Caught Up In The Moment

32 count, 4 wall, intermediate level

Choreographer: Maria Graube Hitch Hikers (Sweden)

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Choreographed to: Caught Up In The Moment by Big & Rich, CD: Comin' To Your City

32 count intro

R Stomp, R kick, R shuffle back, Reversed L rocking chair, L wide step, sweep

1, 2 Stomp right beside left. Kick right foot forward.

3&4 Step right back. Step left beside left. Step right back

5&6& Rock left back. Recover on right. Rock left forward. Recover on right

7, 8 Wide step left, Sweep and cross right behind left and turn ¼ right.

Note: count 8 in this section + &1 in section two completes a modified sailorstep 1/4 right.

L side step, R step forward, Step L turning ¼ right, R sailorstep turning ½ right, L Step touch, L chasse ¼ turn right

&1, 2 Step left to left side. Step right forward. Turn ¼ and step left to left

3&4 Cross right behind left and turn 1/2 right. Step left to left side. Step right forward

5, 6 Step left to left. Step right beside left.

7&8 Step left to left side. Close right beside left. Turn ¼ right while stepping left back

Restart on wall 4!

Mambo with pushsteps, R Kick ball change, L pivot ¾

1&2 Rock back on right. Recover onto left. Step right forward and take weight

3&4 Rock forward on left. Recover onto right. Step left back and take weight.

5&6 Kick right forward. Step right beside left. Step left forward.

7&8 Step forward right. Pivot 3/4 turn left. Step right to right

Right stomp, Left stomp, Applejacks, behind-side cross, L side rock & turn ¼ right stepping right forward

1, 2 Stomp right with toes in, heels out. Stomp left with toes in, heels out
(feet in wide step but your knees almost touch each other)

3&4& Taking weight onto right heel and left toe swivel right toe and left heel to right side.

Return feet to centre. Taking weight onto left heel and right toe swivel left toe and right heel to left side. Return feet to centre.

5&6 Step right behind left. Step left to left. Cross right over left

7&8 Rock to left side on left. Rock onto right making 1/4 turn right. Step right forward

This is rock'n'roll country! Put on some attitude to it!
