

CAUGHT UP

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Count: 64

Wall: 2

Level: intermediate/advanced

Choreographer: Michael Vera-Lobos

Music: The Thought Of Being In Love by Chad Brock

CROSS KICK, OUT-OUT, TOUCH SIDE, ¼ SWEEP, RIGHT SAILOR, ¼ RIGHT, ¾ RIGHT

1&2-3-4 Cross kick right over left, step right to right & left to left, touch right beside left, turning ¼ turn right kick right to right

5&6-7-8 Cross right behind left, rock left to left, rock weight to right, cross step left forward over right, turning ¼ turn right, turning a further ¾ turn right step back on right

ROCK FORWARD/BACK, LOCK SHUFFLE BACK, ROCK BACK/FORWARD, TURN ½ LEFT, ¼ LEFT

1-2-3&4 Rock forward left, rock back on right, lock shuffle back left stepping left, right, left

5-6-7-8 Rock back on right, rock forward on left, traveling forward step forward right turning ½ turn left, step back on left turning ¼ turn left

CROSS ROCK, REPLACE, SIDE SHUFFLE RIGHT ¼ RIGHT, STEP FORWARD, ¼ RIGHT, CROSS LEFT, ¼ LEFT

1-2-3&4 Cross rock right over left, rock back on left, step right to right, left beside right, step right to right turning ¼ turn right

5-6-7-8 Step forward left, pivot ¼ turn right, cross step left over right, step back on right turning ¼ turn left

LEFT COASTER, STEP FORWARD FULL TURN HOOK, SHUFFLE FORWARD LEFT, STEP FORWARD, ¾ PIVOT LEFT

1&2-3-4 Step back left, step right beside left, step forward left, step forward right, turning full turn left hook left over right

5&6-7-8 Shuffle forward left stepping left, right, left, step forward on right, pivot ¾ turn left (end weight left)

SIDE SHUFFLE RIGHT, LEFT SAILOR, RIGHT SAILOR ¼ RIGHT, ½ RIGHT, ¼ RIGHT

1&2-3&4 Side shuffle right stepping right, left, right, cross left behind right, rock right to right, rock weight to left

5&6-7-8 Cross right behind left, step left beside right turning $\frac{1}{4}$ turn right, step forward right, step forward left turning $\frac{1}{2}$ turn right, step back on right turning $\frac{1}{4}$ turn right

CROSS ROCK, REPLACE, $\frac{1}{4}$ SHUFFLE LEFT, STEP FORWARD, $\frac{1}{2}$ HEEL BOUNCE, LEFT COASTER

1-2-3&4 Cross rock left over right, rock back on right, turning $\frac{1}{4}$ turn left shuffle forward left, right, left

5&6-7&8 Step forward right, turning $\frac{1}{2}$ turn left raise & drop heels, step back left, step right beside left, step forward left

STEP FORWARD- TOUCH, STEP BACK- TOUCH, BALL STEP, $\frac{1}{2}$ TURN, $\frac{1}{2}$ SHUFFLE

1-2-3-4 Step forward right, touch left beside right, step back left, touch right beside left

&5-6-7&8 Step ball of right beside left & step forward left, step forward right turning $\frac{1}{2}$ turn left, turning $\frac{1}{2}$ turn left shuffle forward left stepping left, right, left

TOUCH SIDE, $\frac{1}{4}$ TOUCH, BEHIND, SIDE, CROSS, STEP/DRAW, BALL CROSS, STEP SIDE

1&2-3&4 Touch right toe right, step right beside left turning $\frac{1}{4}$ turn right & touch left to left, cross left behind right, step right to right, cross left over right

5-6&7-8 Step right to right, drag left towards right, step ball of left to left crossing right over left, step left to left

REPEAT

TAG

At end of wall 1 and wall 3, do all 32 counts of tag. At end of wall 4, only do 24 counts of the tag.

SIDE /DRAW, BEHIND, $\frac{1}{4}$ RIGHT, STEP FORWARD, STEP $\frac{1}{2}$ TURN, STEP $\frac{1}{2}$ TURN

1-2&3-4 Step side right, drag left, step ball of left behind right, turn $\frac{1}{4}$ turn right on right, step forward left

5-6-7-8 Step forward right, pivot $\frac{1}{2}$ turn left, step forward right, pivot $\frac{1}{2}$ turn left

ROCK FORWARD/BACK, $\frac{1}{2}$ SHUFFLE RIGHT, ROCK FORWARD/BACK, LEFT COASTER

1-2-3&4 Rock forward right, rock back on left, turning $\frac{1}{2}$ turn right shuffle forward right

5-6-7&8 Rock forward left, rock back on right, step back left, step right beside left, step forward left

SIDE /DRAW, BEHIND, $\frac{1}{4}$ RIGHT, STEP FORWARD, STEP $\frac{1}{2}$ TURN, STEP $\frac{1}{2}$ TURN

1-2&3-4 Step side right, drag left, step ball of left behind right, turn $\frac{1}{4}$ turn right on right, step forward left

5-6-7-8 Step forward right, pivot $\frac{1}{2}$ turn left, step forward right, pivot $\frac{1}{2}$ turn left (24 counts at end of wall 4)

ROCK FORWARD/BACK, $\frac{1}{2}$ SHUFFLE RIGHT, STEP FORWARD LEFT, $\frac{1}{2}$ PIVOT RIGHT, SHUFFLE FORWARD LEFT

1-2-3&4 Rock forward right, rock back on left, turning $\frac{1}{2}$ turn right shuffle forward right

5-6-7&8 Step forward left, pivot $\frac{1}{2}$ turn right, shuffle forward on left stepping left, right, left