

# Caught Up 19

**Choreographers: Jan Phillips (UK) & Rob Fowler (ES) & I.C.E. – September 2020**

**Counts: 64 - Walls: 4 - Level: Intermediate (No Tags or Restarts)**

**Music: Caught Up In The Country by Rodney Atkins & Sam Feldt - 3m 30s (Remix Single 2019)**

**BPM: 124 (approx.) - Intro: 16 counts (approx. 8 secs) Start on the lyric "Square"**

<b>S1</b>	<b>Rock Fwd, Recover, Heel, Hold, Step, Right Dorothy, Left Dorothy</b>	
1,2&	Rock fwd on R, recover, step R next to L	
3,4&	Touch L heel fwd, hold, step L next to R	
5,6&	Step R diagonally fwd R, lock L behind R, step R diagonally fwd R	
7,8&	Step L diagonally fwd L, lock R behind L, step L fwd diagonally L	12.00
<b>S2</b>	<b>Step, Pivot ½ Turn, Step, Pivot ¼ Turn, Heel Dig, Together, Point, Heel Dig, Together, Point</b>	
1,2	Step fwd R, pivot ½ turn L	
3,4	Step fwd R, pivot ¼ turn L	3.00
5&6	Touch R heel fwd, step R next to L, point L to L side	
7&8	Touch L heel fwd, step L next to R, point R to R side	
<b>S3</b>	<b>Cross Rock, Recover, R Chasse, Step, Pivot ½ Turn, Cross Shuffle</b>	
1,2	Cross rock R over L, recover on L	
3&4	Step R to R side, step L next to R, step R to R side	
5,6	Step fwd L, pivot ½ turn R	9.00
7&8	Step L over R, step R to R side, step L over R	
<b>S4</b>	<b>Side Rock, Recover, Together, Side Rock, Recover, Behind, Unwind, Step, Pivot ¼ Turn</b>	
1,2&	Rock R to R side, recover on L, step R next to L	
3,4	Rock L to L side, recover on R	
5,6	Step L behind R, unwind a full turn L (weight on L)	
7,8	Step R fwd, pivot ¼ turn L	6.00
<b>S5</b>	<b>Switches, Heel Digs, R Vaudeville, Cross, Hold</b>	
1&2&	Point R toe to R side, step R next to L, point L toe to L, step L next to R	
3&4&	Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R	
5&6&	Cross R over L, step L to L side, touch R heel fwd, step R next to L	
7,8	Step L over R, hold	6.00
<b>S6</b>	<b>Brush, Rock Fwd, Recover, Behind, Side, Cross, Side Rock, Recover ¼ Turn, Fwd Shuffle</b>	
&1,2	Brush R to R diagonal, rock diagonally fwd on R, recover on L	7.30
3&4	Step R behind L straightening to 6.00, step L to L side, cross R over L	6.00
5,6	Rock L to L side, recover on R making ¼ turn R	9.00
7&8	Step L fwd, step R next to L, step L fwd	



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- S7      Rock Fwd, Recover, ½ Turn, ½ Turn, Walk Fwd R, Walk Fwd L, Rock Fwd, Recover**
- 1,2      Rock fwd on R, recover on L  
3,4      Make ½ turn R stepping R fwd, make ½ turn R stepping L back      9.00  
5,6      Walk fwd on R, walk fwd on L  
7,8      Rock fwd on R, recover on L
- S8      Jump/Step Back R/L, Hold, Jump/Step Back R/L, Hold, Heel, Together, Heel, Together, Heel, Hold**
- &1,2      Jump/step back and out on R, jump/step back and out on L,  
            hold (optional clap)  
&3,4      Jump/step back and in on R, jump/step L next to R, hold (optional clap)  
5&6&      Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R  
7,8      Touch R heel fwd, hold      9.00
- Start Over**
- ENDING:**      **Wall 7:** Dance up to and including count 16, then rock fwd on R, recover on L, make a ¼ turn R stepping R to R side to face 12.00 (*or additional option: replace the ¼ turn R with a 1¼ turn R*).