

編舞者: Guyton Mundy (USA) 音樂: Caught Up - Usher



ARM ROLL, PRESS WITH KNEE POP, KNEE POP, BODY ROLL, STEP, 1/4 TURN PIVOT, SHOULDER

1 01 0	
1&2	Feet shoulder with apart with left arm extended out to left side, roll arm from fingers to shoulder like a wave, pop right knee out to right while pressing on right foot
3&4	Pop right knee in, roll body to the left while transferring weight to left foot, drag right foot into left
5-6	Step forward on left, make a ¼ pivot turn to left
7-8	Shrug shoulders right, shrug shoulders left

34 SLIDE AROUND, KNEE BREAKS, BODY POPS, SIDE STEPS

1-2	Slide right foot past left foot while making a $\frac{1}{4}$ turn to left, slide left foot back past right making a $\frac{1}{4}$ turn to left
3-4	Slide right foot past left, while making a ¼ turn o left, step left out shoulder with apart
5	Bend knees in together while dropping body
6-7	Rock shoulders right, rock shoulders left
&8	Step right foot into left, step left to left side while raising body back up

1/2 TURN WALK, WALK, STEP TOGETHER, STEP, HOLD, CROSS WALKS

1-2	Make a ½ turn to the right stepping forward on right, step forward on left
&3-4	Step together with right, step forward on left, hold
5-6	Walking to the side cross right over left, step left to left side
7-8	Cross right over left, make a¼ turn to left bringing feet together

ARM STYLING WITH BODY POP

1	Bring arms up to chest level hands in front of chest, palms down, with left hand on top of right
&	Arc body to the right, hands still in front of chest, arms angled with left elbow up right elbow down
2&	Take right hand in front of right knee, pop right knee out using hand like it is controlling its movement
3	Pop right knee back in using hand like it is controlling it
&	Bring right hand back up to left hand (like in count 1) straitening body
4&	Raise left arm while lowering right arm (you are opening up the arms) bring them back together
5-6	Roll arms from right elbow to left elbow (like a wave) step left out to left side
7-8	Take right hand around the back of the head clock wise, extend left arm out to left side

REPEAT