

Caught In The Act

64 count, 4 wall, intermediate level

Choreographer: Ann Wood (England) Feb 2004

Choreographed to: Who's Been Sleeping In My Bed

by Glenn Frey; It Don't Get Better Than This by

Rodney Crowell, CD - Stepping Country 4

Start on vocals

RIGHT KICK BALL CROSS X 2 ROCK ROCK SAILOR STEP

1 & 2 Kick rt foot fwd diagonally rt, step rt foot down, cross step left foot over right

3 & 4 Repeat counts 1 & 2

5 - 6 Rock right foot to right side, recover onto left

7 & 8 Step rt foot behind lt, step lt beside rt, step rt foot beside lt

RIGHT KICK BALL CROSS X 2 ROCK ROCK SAILOR ¼ TURN

9 & 10 kick lt foot fwd diagonally lt, step lt foot down, cross step right foot over left

11 & 12 repeat counts 9 & 10

13 - 14 rock left to left side, recover onto right foot

15 & 16 step lt foot behind rt, step rt foot down making ¼ turn left ,step lt fwd

ROCK ,ROCK ,RIGHT COASTER STEP, ROCK ,ROCK TRIPLE ½ TURN TO LEFT

17 - 18 Rock forward on right, rock back on left

19 & 20 Step back on right step left beside right step, step forward on right

21 - 22 Rock forward on left, rock back on right

23 & 24 Shuffle ½ turn left stepping left, right, left (3 o'clock)

SYNCOATED FORWARD ROCK STEPS, BACK LEFT SHUFFLE, ROCK STEP

25 - 26 Rock forward on right, rock back on left

& 27 - 28 Step right quickly beside left rock forward on left rock back on right

29 & 30 Shuffle back stepping left, right, left

31 - 32 Rock back on right, rock forward on left

RT AND LT TOUCH HOLDS, RT & LT HEEL SWITCHES, STEP FWD, ¼ PIVOT TURN LEFT

33 - 34 Touch rt to rt side, hold one count

& 35 - 36 Step rt down, touch lt to lt side, hold for one count

& 37 & 38 Step lt down, touch rt heel fwd, step right down, touch lt heel fwd

& 39 - 40 Step lt down , step right fwd make ¼ pivot turn left. (12 O'clock)

CROSS SHUFFLE, HINGE TURN TO RT, CROSS ROCK ,SIDE SHUFFLE

41 & 42 Cross rt over left, step lt to left, Cross rt over left

43 - 44 Make ¼ turn rt stepping on lt, make 1/4 turn right steppingrt beside lt

45 - 46 Cross rock left over rt recover onto rt

47 & 48 Side shuffle to left stepping lt, rt, lt

CROSS TOUCH, SLOW HEEL JACKS

49-50 & Cross step rt over lt touch lt toe to rt heel step lt down

51 - 52 Touch rt heel diagonally fwd, hold

& 53 - 54 Step down on rt, cross lt over rt, hold

& 55 - 56 Step down on rt, touch lt heel diagonally forward, hold

CROSS, ¼ TURN RT, COASTER STEP, WALK,WALK, SHUFFLE

& 57 - 58 Step lt down, cross step rt over lt, make ¼ turn rt stepping back on lt

59 & 60 Step rt back , step lt beside rt, step fwd rt

61 - 62 Walk forward stepping lt, rt

63 - 64 Shuffle fwd lt, rt, lt

(Alternative steps for 61 - 62 - full turn left)
