

# Caught In The Act

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Ann Wood (UK)

Music: Who's Been Sleeping in My Bed - Glenn Frey



## **RIGHT KICK BALL CROSS TWICE, ROCK, ROCK SAILOR STEP**

- 1&2 Kick right diagonally forward, step right together, cross left over right  
3&4 Repeat counts 1&2  
5-6 Rock right to side, recover onto left  
7&8 Cross right behind left, step left together, step right together

## **LEFT KICK BALL CROSS TWICE, ROCK, ROCK SAILOR TURN ¼**

- 9&10 Kick left diagonally forward, step left together, cross right over left  
11&12 Repeat counts 9&10  
13-14 Rock left to side, recover onto right  
15&16 Cross left behind right, turn ¼ left (weight to right), step left forward

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

- 17-18 Rock right forward, recover to left  
19&20 Step right back, step left together, step right forward  
21-22 Rock left forward, recover to right  
23&24 Shuffle back turning ½ left and step left, right, left (3:00)

## **SYNCOPATED FORWARD ROCK STEPS, BACK LEFT SHUFFLE, ROCK STEP**

- 25-26 Rock right forward, recover to left  
&27-28 Step right together, rock left forward, recover to right  
29&30 Shuffle back stepping left, right, left  
31-32 Rock right back, recover to left

## **RIGHT AND LEFT TOUCH HOLDS, RIGHT & LEFT HEEL SWITCHES, STEP FORWARD, ¼ PIVOT TURN LEFT**

- 33-34 Touch right to side, hold  
&35-36 Step right together, touch left to side, hold  
&37&38 Step left together, touch right heel forward, step right together, touch left heel forward  
&39-40 Step left together, step right forward, turn ¼ left (weight to left, 12:00)

## **CROSS SHUFFLE, HINGE TURN TO RIGHT, CROSS ROCK, SIDE SHUFFLE**

- 41&42 Cross right over left, step left to side, cross right over left  
43-44 Turn ¼ right and step left back, turn ¼ right and step right together  
45-46 Cross/rock left over right, recover onto right  
47&48 Shuffle to side stepping left, right, left

## **CROSS TOUCH, SLOW HEEL JACKS**

- 49-50& Cross right over left, touch left toe behind right, drop left heel  
51-52 Touch right heel diagonally forward, hold  
&53-54 Step right together, cross left over right, hold  
&55-56 Step right together, touch left heel diagonally forward, hold

## **CROSS, TURN ¼ RIGHT, COASTER STEP, WALK, WALK, SHUFFLE**

- &57-58 Step left together, cross right over left, turn ¼ right and step left back  
59&60 Step right back, step left together, step right forward

61-62 Step left forward, step right forward

63&64 Shuffle forward left, right, left

**Alternative steps for 61-62: full turn left**

**REPEAT**

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