

# Caught In The Act

**COPPERKNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ann Wood (UK)  
音樂: 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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