

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
