

Caught In The Act

Choreographed by: Ann Wood (England) Feb 2004
Description: 64 count, 4 wall, intermediate level
Music: 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, SIDE ROCK STEP, SAILOR STEP

1&2 Kick Right forward diagonally right, Step Right down, Cross step Left over Right
3&4 Kick Right forward diagonally right, Step Right down, Cross step Left over Right
5-6 Rock Right to right side, Recover onto Left
7&8 Step Right behind It, Step Left beside Right, Step Right beside Left

LEFT KICK BALL CROSS X 2, SIDE ROCK STEP, SAILOR ¼ TURN

9&10 Kick Left forward diagonally left, Step Left down, Cross step Right over Left
11&12 Kick Left forward diagonally left, Step Left down, Cross step Right over Left
13-14 Rock Left to left side, Recover onto Right
15&16 Step Left behind Right, Making ¼ turn left step on Right, Step Left forward

FORWARD ROCK, RIGHT COASTER STEP, FORWARD 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 forward on Right
21-22 Rock forward on Left, Rock back on Right
23&24 Making ½ turn left shuffle Left, Right, Left (3 o'c)

SYNCOPATED FORWARD ROCK STEPS, BACK LEFT SHUFFLE, BACK 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 Right to right side, Hold
&35-36 Step Right down, Touch Left to left side, Hold
&37&38 Step Left down, Touch Right heel forward, Step Right down, Touch Left heel forward
&39-40 Step Left down, Step Right forward, Make ¼ pivot left stepping on Left (12 o'c)

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

41&42 Cross Right over Left, Step Left to left side, Cross Right over Left
43-44 Turn ¼ right stepping on Left, Turn 1/4 right stepping Right beside Left
45-46 Cross rock Left over Right, Recover onto Right
47&48 Side shuffle left stepping Left, Right, Left

CROSS TOUCH, SLOW HEEL JACKS

49-50& Cross step Right over Left, touch Left toe to Right heel, Step Left down
51-52 Touch Right heel diagonally forward, Hold
&53-54 Step down on Right, Cross Left over Right, Hold
&55-56 Step down on Right, Touch Left heel diagonally forward, Hold

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

&57-58 Step Left down, Cross step Right over Left, Make ¼ turn right stepping back on Left
59&60 Step Right back, Step Left beside Right, Step forward Right
61-62 Walk forward stepping Left, Right (Alternative steps - full turn left)
63-64 Shuffle forward Left, Right, Left