

# Caught In The Act

Choreographed by Ann Wood

**Description:** 64 count, 4 wall, intermediate line dance

**Music:** **Who's Been Sleeping In My Bed** by Glenn Frey [ 108 bpm / CD: [Solo Collection](#) ]. **It Don't Get Better Than This** by Rodney Crowell [ 124 bpm / CD: [Life Is Messy](#) / CD: [Steppin' Country Vol. 4](#) ]

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

- 1&2 Kick right foot forward diagonally right, step right 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 right foot behind left, step left beside right, step right foot beside left

## **LEFT KICK BALL CROSS TWICE, ROCK, ROCK SAILOR 1/4 TURN**

- 9&10 Kick left foot forward diagonally left, step left 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 left foot behind right, step right foot down making 1/4 turn left, step left forward

## **ROCK, ROCK, RIGHT COASTER STEP, ROCK, ROCK TRIPLE 1/2 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 1/2 turn left stepping left, right, left (3:00)

## **SYNCOPATED 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

## **RIGHT AND LEFT TOUCH HOLDS, RIGHT & LEFT HEEL SWITCHES, STEP FORWARD, 1/4 PIVOT TURN LEFT**

- 33-34 Touch right to right side, hold one count
- &35-36 Step right down, touch left to left side, hold for one count
- &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 1/4 pivot turn left (12:00)

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

- 41&42 Cross right over left, step left to left, cross right over left
- 43-44 Make 1/4 turn right stepping on left, make 1/4 turn right stepping right beside left
- 45-46 Cross rock left over right recover onto right
- 47&48 Side shuffle to 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, 1/4 TURN RIGHT, COASTER STEP, WALK, WALK, SHUFFLE**

- &57-58 Step left down, cross step right over left, make 1/4 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
- 63-64 Shuffle forward left, right, left

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

REPEAT