

Caught In The Act



Choreographed by: Ann Wood
Music: **Who's Been Sleeping In My Bed** by Glenn Frey
Type: 4 wall, 64 counts
Level: Intermediate

[1 – 8] RIGHT KICK BALL CROSS x2, SIDE ROCK, SAILOR STEP

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

[9 – 16] LEFT KICK BALL CROSS x2, SIDE ROCK, SAILOR ¼ TURN LEFT

1 & 2 Kick left diagonally forward left, step left in place, cross right over left.
3 & 4 Repeat counts 1&2.
5 – 6 Rock left to left side, recover onto right.
7 & 8 Cross left behind right, turn ¼ left stepping right in place, step left forward. [9:00]

[17 – 24] ROCK-STEP, RIGHT COASTER STEP, ROCK-STEP, TRIPLE ½ TURN LEFT ON THE SPOT

1 – 2 Rock right forward, recover onto left.
3 & 4 Step right back, close left beside right, step right forward.
5 – 6 Rock left forward, recover onto right.
7 & 8 Triple ½ turn left on the spot stepping left, right, left. [3:00]

[25 – 32] SYNCOPATED FORWARD ROCK-STEPS, BACK LEFT SHUFFLE, BACK ROCK-STEP

1 – 2 Rock right forward, recover onto left.
&3 – 4 Step right beside left, rock left forward, recover onto right.
5 & 6 Step left back, close right beside left, step left back.
7 – 8 Rock right back, recover forward onto left.

[33 – 40] RIGHT & LEFT TOUCH HOLDS, HEEL SWITCHES, STEP-PIVOT ¼ TURN LEFT

1 – 2 Touch right to right side, hold.
&3 – 4 Step right together, touch left to side, hold.
&5&6 Step left together, touch right heel forward, step right together, touch left heel forward.
&7 – 8 Step left together, step right forward, pivot ¼ left left (weight to left). [12:00]

[41 – 48] CROSS SHUFFLE, HINGE TURN TO RIGHT, CROSS ROCK-STEP, LEFT CHASSE

1 & 2 Cross right over left, step left to left side, cross right over left.
3 – 4 Turn ¼ right stepping left back, turn ¼ right stepping right beside left. [6:00]
5 – 6 Cross/rock left over right, recover onto right.
7 & 8 Step left to left side, close right beside left, step left to left side.

Continues...

Caught In The Act



Continued...

[49 – 56] CROSS TOUCH, SLOW HEEL JACKS

- 1 – 2& Cross right over left, touch left toe beside right, step left slightly back.
3 – 4 Touch right heel diagonally forward right, hold.
&5 – 6 Step right beside left, cross left over right, hold.
&7 – 8 Step right slightly back, touch left heel diagonally forward left, hold.

[57 – 64] CROSS, TURN ¼ RIGHT, COASTER STEP, WALK, WALK, SHUFFLE

- &1 – 2 Step left beside right, cross right over left, turn ¼ right stepping left back. [9:00]
3 & 4 Step right back, step left beside right, step right forward.
5 – 6 Step left forward, step right forward.
Option: *Replace counts 5 - 6 with full turn left travelling forward stepping left, right.*
7 & 8 Step left forward, close right beside left, step left forward.

Start Again!