

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

Alt. Music: It Don't Get Better Than This by Rodney Crowell (124 bpm)

- 1-8 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
- 9-16 LEFT KICK BALL CROSS TWICE, ROCK, ROCK SAILOR ¼ 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 ¼ turn left, step left forward
- 17-24 ROCK, ROCK, RIGHT COASTER STEP, ROCK, 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, step forward on right
21-22 Rock forward on left, rock back on right
23&24 Shuffle ½ turn left stepping left, right, left (3:00)
- 25-32 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
- 33-40 RIGHT AND LEFT TOUCH HOLDS, RIGHT & LEFT HEEL SWITCHES, STEP FORWARD, ¼ 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 ¼ pivot turn left (12:00)
- 41-48 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 ¼ turn right stepping on left, make ¼ 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
- 49-56 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
- 57-64 CROSS, ¼ TURN RIGHT, 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
63&64 Shuffle forward left, right, left

Alternative steps for 61-62: full turn left