

## Caught In The Act

64 count, 4 wall, intermediate level

Choreographer: Ann Wood (England) Feb 2004  
Choreographed to: Who's Been Sleeping In My Bed  
by Glenn Frey; It Don't Get Better Than This by  
Rodney Crowell, CD - Stepping Country 4

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Start on vocals

### RIGHT KICK BALL CROSS X 2 ROCK ROCK SAILOR STEP

- 1 & 2 Kick rt foot fwd diagonally rt, step rt 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 rt foot behind lt, step lt beside rt, step rt foot beside lt

### LEFT KICK BALL CROSS X 2 ROCK ROCK SAILOR ¼ TURN

- 9 & 10 kick lt foot fwd diagonally lt, step lt 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 lt foot behind rt, step rt foot down making ¼ turn left ,step lt fwd

### 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 o'clock)

### SYNCPATED 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

### RT AND LT TOUCH HOLDS, RT & LT HEEL SWITCHES, STEP FWD, ¼ PIVOT TURN LEFT

- 33 - 34 Touch rt to rt side, hold one count  
&35 - 36 Step rt down, touch lt to lt side, hold for one count  
& 37 & 38 Step lt down, touch rt heel fwd, step right down, touch lt heel fwd  
&39 - 40 Step lt down , step right fwd make ¼ pivot turn left. (12 O'clock)

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

- 41 &42 Cross rt over left, step lt to left, Cross rt over left  
43 - 44 Make ¼ turn rt stepping on lt, make 1/4 turn right steppingrt beside lt  
45 - 46 Cross rock left over rt recover onto rt  
47 & 48 Side shuffle to left stepping lt, rt, lt

### CROSS TOUCH, SLOW HEEL JACKS

- 49-50 & Cross step rt over lt touch lt toe to rt heel step lt down  
51 - 52 Touch rt heel diagonally fwd, hold  
& 53 - 54 Step down on rt, cross lt over rt, hold  
& 55 - 56 Step down on rt, touch lt heel diagonally forward, hold

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

- &57 - 58 Step lt down, cross step rt over lt, make ¼ turn rt stepping back on lt  
59 & 60 Step rt back , step lt beside rt, step fwd rt  
61 - 62 Walk forward stepping lt, rt  
63 - 64 Shuffle fwd lt, rt, lt

(Alternative steps for 61 - 62 - full turn left)

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