

# Caught In The Act

Dance script courtesy of [Gifts 4 All](#), the The online shopping and gift idea site

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 Solo Collection]

It Don't Get Better Than This by [Rodney Crowell](#) [124 bpm Life Is Messy CD:

Steppin' Country Vol. 4

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

1 & 2 Kick right diagonally forward, step right together, cross left over right

3 & 4 Repeat counts 1&2

5 - 6 Rock right to side, recover onto left

7 & 8 Cross right behind left, step left together, step right together

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

9 & 10 Kick left diagonally forward, step left together, cross right over left

11 & 12 Repeat counts 9&10

13 - 14 Rock left to side, recover onto right

15 & 16 Cross left behind right, turn 1/4 left (weight to right), step left forward

## **ROCK, ROCK, RIGHT COASTER STEP, ROCK, ROCK TRIPLE TURN 1/2 TO LEFT**

17 - 18 Rock right forward, recover to left

19 & 20 Step right back, step left together, step right forward

21 - 22 Rock left forward, recover to right

23 & 24 Shuffle back turning 1/2 left and step left, right, left (3:00)

## **SYNCOPATED FORWARD ROCK STEPS, BACK LEFT SHUFFLE, ROCK STEP**

25 - 26 Rock right forward, recover to left

& 27 - 28 Step right together, rock left forward, recover to right

29 & 30 Shuffle back stepping left, right, left

31 - 32 Rock right back, recover to left

## **RIGHT AND LEFT TOUCH HOLDS, RIGHT & LEFT HEEL SWITCHES, STEP**

### **FORWARD, 1/4 PIVOT TURN LEFT**

33 - 34 Touch right to side, hold

& 35 - 36 Step right together, touch left to side, hold

& 37 & 38 Step left together, touch right heel forward, step right together, touch left heel forward

& 39 - 40 Step left together, step right forward, turn 1/4 left (weight to left, 12:00)

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

41 & 42 Cross right over left, step left to side, cross right over left

43 - 44 Turn 1/4 right and step left back, turn 1/4 right and step right together

45 - 46 Cross/rock left over right, recover onto right

47 & 48 Shuffle to side stepping left, right, left

### **CROSS TOUCH, SLOW HEEL JACKS**

49 - 50 & Cross right over left, touch left toe behind right, drop left heel

51 - 52 Touch right heel diagonally forward, hold

& 53 - 54 Step right together, cross left over right, hold

& 55 - 56 Step right together, touch left heel diagonally forward, hold

### **CROSS, TURN 1/4 RIGHT, COASTER STEP, WALK, WALK, SHUFFLE**

& 57 - 58 Step left together, cross right over left, turn 1/4 right and step left back

59 & 60 Step right back, step left together, step right forward

61 - 62 Step left forward, step right forward

63 - 64 Shuffle forward left, right, left

Alternative steps for 61-62: full turn left

### **REPEAT**