

Caught In The Act

64 count, 4 wall, intermediate level

Choreographer: Ann Wood (UK), February 2004

Choreographed to: "Who's Been Sleeping In My Bed" (109 bpm) by Glenn Frey, "Solo Collection" CD, start on vocals
"I Don't Get Better Than This" (125 bpm) by Rodney Crowell, "Steppin' Country 4",
32 count intro – start on the word "temptress"

Section 1 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 above.
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.

Section 2 Left Kick Ball Cross x2, Side Rock, Sailor 1/4 Turn Left.

1&2 Kick left diagonally forward left. Step left in place. Cross right over left.
3&4 Repeat counts 1 & 2 above.
5-6 Rock left to left side. Recover onto right.
7&8 Cross left behind right. Turn 1/4 left stepping right in place. Step left forward.

Section 3 Rock Step, Coaster Step, Rock Step, Triple 1/2 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 1/2 turn left on the spot stepping Left, Right, Left.

Section 4 Syncopated Rock Steps, Back Shuffle, Back Rock.

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.

Section 5 Right & Left Touch Holds, Heel Switches, Step 1/4 Turn Left.

1-2 Touch right to right side. Hold.
&3-4 Step right in place. Touch left to left side. Hold.
&5&6 Step left in place. Touch right heel forward. step right in place. Touch left heel forward.
&7-8 Step left in place. Step right forward. Pivot 1/4 Turn Left.

Section 6 Cross Shuffle, 2x 1/4 Hinge Turns Right, Cross Rock, Left Chasse.

1&2 Cross right over left. Step left to left side. Cross right over left.
3-4 Turn 1/4 right stepping left back. Turn 1/4 right stepping right beside left.
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.

Section 7 Cross Touch, Slow Heel Jacks.

1-2& Cross right over left. Touch left beside right. Step left slightly back.
3-4 Touch right heel diagonally forward right. Hold.
&5-6 Step right in place. Cross left over right. Hold.
&7-8 Step right slightly back. Touch left heel diagonally forward left. Hold.

Section 8 & Cross, 1/4 Turn, Coaster Step, Walk Forward x2, Forward Shuffle.

&1-2 Step left in place. Cross right over left. Turn 1/4 right stepping left back.
3&4 Step right back. Step left beside right. Step right forward.
5-6 Step left forward. Step right forward.
7&8 Step left forward. Close right beside left. Step left forward.
Option *Replace counts 5 - 6 with full turn left travelling forward stepping left, right.*

Quelle:

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