

# CAUGHT IN THE ACT

Choreographed by: Ann Wood (UK) Feb 04

Music: **Who's Been Sleeping In My Bed** by Glenn Frey

Descriptions: 64 count - 4 wall line dance - Intermediate level

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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

## **RIGHT 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)

## **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

## **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