

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

[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