Caught In The Act (無處可逃) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Ann Wood (UK) - 2004年02月
Music: Who's Been Sleeping in My Bed - Glenn Frey

前奏： Start on vocals唱歌起跳

第一段 Right Kick Ball Cross X 2 Rock Rock Sailor Step
右踢交換交叉二次, 下沉回復 水手步

1 & 2 Kick Rt Foot Fwd Diagonally Rt, Step Rt Foot Down, Cross Step Left Foot Over Right 右足右斜角線前踢, 右足踏, 左足於右足前交叉踏

3 & 4 Repeat Counts 1 & 2 重覆 1&2 的動作

5 – 6 Rock Right Foot To Right Side, Recover Onto Left
右足右下沉, 左足回復

7 & 8 Step Rt Foot Behind Lt, Step Lt Beside Rt, Step Rt Foot Beside Lt
右足於左足後踏, 左足併踏, 右足併踏

第二段 Left Kick Ball Cross X 2 Rock Rock Sailor ¼ Turn
左踢交換交叉二次, 下沉回復 1/4轉水手步

9 & 10 Kick Lt Foot Fwd Diagonally Lt, Step Lt Foot Down, Cross Step Right Foot Over Left 左足左斜角線前踢, 左足踏, 右足於左足前交叉踏

11 & 12 Repeat Counts 9 & 10 重覆 1&2 的動作

13 – 14 Rock Left To Left Side, Recover Onto Right Foot
左足左下沉, 右足回復

15 & 16 Step Lt Foot Behind Rt, Step Rt Foot Down Making ¼ Turn Left ,Step Lt Fwd 左足於右足後踏, 左轉90度右足踏, 左足前踏

第三段 Rock ,Rock ,Right Coaster Step, Rock ,Rock Triple ½ Turn To Left
下沉回復, 右海岸步, 下沉回復, 小三步左轉1/2

17 – 18 Rock Forward On Right, Rock Back On Left
右足前下沉, 左足後下沉

19 & 20 Step Back On Right Step Left Beside Right Step, Step Forward On Right
右足後踏, 左足併踏, 右足前踏

21 – 22 Rock Forward On Left, Rock Back On Right
左足前下沉, 右足後下沉

23 & 24 Shuffle ½ Turn Left Stepping Left, Right, Left (3 O'Clock)
左轉180度交換步-左, 右, 左(3點鐘)

第四段 Syncopated Forward Rock Steps, Back Left Shuffle, Rock Step
變奏前下沉回復, 左後交換步, 下沉回復

25 – 26 Rock Forward On Right, Rock Back On Left
右足前下沉, 左足後下沉

& 27 – 28 Step Right Quickly Beside Left Rock Forward On Left Rock Back On Right
右足快速併踏, 左足前下沉, 右足後下沉

29 & 30 Shuffle Back Stepping Left, Right, Left
後交換步-左, 右, 左

31 – 32 Rock Back On Right, Rock Forward On Left
右足後下沉, 左足前下沉

第五段　Rt And Lt Touch Holds, Rt & Lt Heel Switches, Step Fwd, ¼ Pivot Turn Left 右 & 左 點候, 右 & 左 踵點踏, 前踏, 左轉1/4

33 – 34　Touch Rt To Rt Side, Hold One Count　右足右點, 候

&35 – 36　Step Rt Down, Touch Lt To Lt Side, Hold For One Count
右足踏, 左足左點, 候

& 37 & 38　Step Lt Down, Touch Rt Heel Fwd, Step Right Down, Touch Lt Heel Fwd
左足踏, 右足踵前點, 右足踏, 左足踵前點

&39 – 40　Step Lt Down , Step Right Fwd Make ¼ Pivot Turn Left. (12 O' Clock)
左足踏, 左轉90度右足前踏(12點鐘)

第六段　Cross Shuffle, Hinge Turn To Rt, Cross Rock ,Side Shuffle
交叉交換, 右鏈轉, 交叉下沉, 側交換

41 &42　Cross Rt Over Left, Step Lt To Left, Cross Rt Over Left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

43 - 44　Make ¼ Turn Rt Stepping On Lt, Make 1/4 Turn Right Steppingrt Beside Lt　右轉90度左足踏, 右轉90度右足併踏

45 – 46　Cross Rock Left Over Rt Recover Onto Rt
左足於右足前交叉下沉, 右足回復

47 & 48　Side Shuffle To Left Stepping Lt, Rt, Lt
左交換步-左, 右, 左

第七段　Cross Touch, Slow Heel Jacks　交叉點, 慢速踵點踏

49–50 &　Cross Step Rt Over Lt Touch Lt Toe To Rt Heel Step Lt Down
右足於左足前交叉踏, 左足趾於右足踵併點, 左足踏

51 – 52　Touch Rt Heel Diagonally Fwd, Hold　右足踵斜角前點, 候

& 53 – 54　Step Down On Rt, Cross Lt Over Rt, Hold
右足踏, 左足於右足前交叉踏, 候

& 55 – 56　Step Down On Rt, Touch Lt Heel Diagonally Forward, Hold
右足踏, 左足踵斜角線前點, 候

第八段　Cross, ¼ Turn Rt, Coaster Step, Walk,Walk, Shuffle
交叉, 右轉1/4, 海岸步, 走, 走, 交換

&57 - 58　Step Lt Down, Cross Step Rt Over Lt, Make ¼ Turn Rt Stepping Back On Lt　左足踏, 右足於左足前交叉踏, 右轉90度左足後踏

59 & 60　Step Rt Back , Step Lt Beside Rt, Step Fwd Rt
右足後踏, 左足併踏, 右足前踏

61 – 62　Walk Forward Stepping Lt, Rt　前走步-左, 右

63 – 64　Shuffle fwd lt, rt, lt 前交換步-左, 右, 左