

The Middle One

COPPER KNOB
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Improver west coast swing

Choreograf/in: Helen Born (USA) & Nita Lindley (USA)

Musik: The One In the Middle - Sarah Johns



RIGHT & LEFT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

- 1-2-3-4 Stomp right forward, hitch left knee and swivel right heel out, stomp left forward, hitch right knee and swivel left heel out
- 5&6-7-8 Step right to side, step left together, step right to side, rock left back, recover to right

LEFT & RIGHT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

- 1-2-3-4 Stomp left forward, hitch right knee and swivel left heel out, stomp right forward, hitch left knee and swivel right heel out
- 5&6-7-8 Step left to side, step right together, step left to side, rock right back, recover to left

FULL TURN, TOE STRUTS

- 1-2-3-4 Step right forward, turn $\frac{1}{2}$ left (weight to left), step right forward, turn $\frac{1}{2}$ left (weight to left)
- 5-6-7-8 Step right toe back, drop right heel, step left toe back, drop left heel

STEP RIGHT, LEFT TOGETHER, STEP RIGHT, HOLD, $\frac{1}{4}$ TURN LEFT SAILOR STEP, HOLD

- 1-2-3-4 Step right to side, step left together, step right to side, hold
- 5-6-7-8 Turn $\frac{1}{4}$ left and step left back, step right in place, step left forward, hold

REPEAT
