

Caught In The Middle

Count: 32

Wall: 4

Level: Intermediate NC2S

Choreographer: Adam Åstmar (SWE) & Malene Jakobsen (DK) - August 2020

Music: The Middle (Acoustic) - Joe Dolman



Intro: No intro! Start to dance by prepping upper body slightly to the right, then make the full turn to the left on count 2.

Important information:

Restart occurs on wall 5 after section 2, facing 3:00.

Sect - 1: Side Rock. ¼ Recover. Full Turn With Sweep. Weave With Sweep. Behind-Side-Cross. ¼ L. ¼ L With Sway.

- 1 – 2 & (1) Rock to the right on RF, prepping upper body slightly to the right. (2) Turn ¼ to the left, recovering on LF. {9:00}{&} Turn ½ to the left, stepping back on RF. {3:00}
- 3 – 4 & (3) Turn ½ to the left, stepping forward on LF, sweeping RF from back to front. (4) Cross RF over LF. {9:00} (&) Step to the left on LF.
- 5 – 6 & (5) Step back on RF, sweeping LF from front to back. (6) Step LF behind RF. (&) Step to the right on RF.
- 7 & 8 (7) Cross LF over RF. (&) Turn ¼ to the left, stepping back on RF. {6:00}{8) Turn ¼ to the left, stepping to the side on LF and sway your body to the left. {3:00}

Sect - 2: Sway Right. Diamond 3/8 Turning L. 1/8 Cross. ¼ L x2. Cross Rock.

- 1 – 2 & (1) Sway to the right. (2) Cross LF over RF. (&) Step to the right on RF.
- 3 – 4 & (3) Turn 1/8 to the left, stepping back on LF. (4) Step back on RF. {1:30}{&} Turn 1/8 to the left, stepping to the left on LF. {12:00}
- 5 – 6 & (5) Turn 1/8 to the left, stepping forward on RF. (6) Turn 1/8 to the left, crossing LF over RF. {9:00}{&} Turn ¼ to the left, stepping back on RF. {6:00}
- 7 – 8 & (7) Turn ¼ to the left, stepping to the left on LF. (8) Cross rock RF over LF. (&) Recover on LF. {3:00}

- Restart Occurs here at wall 5 -

Sect - 3: Arabesque With Arm Raise. Collapse Cross Rock. Side Sway L. Sway R, L. Nightclub Basic Right. ¼ L With Sweep. Point Forward. Point Right.

- 1 – 2 & (1) Step to the right on RF as you raise L leg to the left, stretching your R hand diagonally up in the air and L hand slightly out to the left. (2) Collapse body as you cross rock LF over RF. (&) Return body to normal position as you recover on RF.
- 3 – 4 & (3) Step to the left on LF, swaying to the left. (4) Sway R. (&) Sway L.
- 5 – 6 & (5) Step to the right on RF. (6) Step LF slightly behind RF. (&) Cross RF over LF.
- 7 – 8 & (7) Turn ¼ left, stepping forward on LF, sweeping RF from back to front. {12:00}{8) Point forward with RF. (&) Point to the right with RF.

Sect - 4: Hitch. Cross. ½ Unwind With Sweep. Behind. ¼ R. Step ½ Turn With Sweep. Cross. Side. Behind.

- 1 – 2 (1) Hitch R knee across LF. (2) Cross RF over LF.
- 3 – 4 & (3) Unwind ½ to the left, placing weight on RF, sweeping LF from front to back. {6:00}{4) Step LF behind RF. (&) Turn ¼ right, stepping forward on RF. {9:00}
- 5 – 6 (5) Step forward on LF. (6) Turn ½ right, placing weight on RF, sweeping LF from back to front. {3:00}
- 7 – 8 & (7) Cross LF over RF. (8) Step to the right on RF. (&) Step LF behind RF.

Have fun!