

Stuck In The Middle

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Josie Pickles (UK)

Music: Stuck In the Middle With You - Louise



HEEL & HEEL & HEEL, CLAP CLAP & HEEL & HEEL & HEEL, CLAP CLAP

- 1& Touch right heel forward, step right beside left
- 2& Touch left heel forward, step left beside right
- 3&4 Touch right heel forward, clap, clap
- &5 Step right beside left, touch left heel forward
- &6 Step left beside right, touch right heel forward
- &7 Step right beside left, touch left heel forward
- &8 Clap, clap

& ROCK RECOVER, TRIPLE ½ TURN, PIVOT HALF, COASTER STEP, TOGETHER

- &9 Step left beside right, rock forward onto right
- 10 Recover stepping back onto left
- 11&12 Triple half turn over right shoulder, (right, left, right)
- 13 Pivot half turn over right shoulder stepping back onto left foot
- 14&15 Coaster step (right, left, right)
- 16 Step left beside right

& LEFT HEEL-JACK & CROSS & RIGHT HEEL-JACK, TOGETHER, OUT, OUT, PAUSE, IN, IN, PAUSE

- &17 Hop onto right foot touch left heel diagonally forward
- &18 Step left beside right (weight on left foot), cross right over left
- &19 Step left diagonally back left, touch right heel diagonally forward right
- &20 Step weight onto right foot, step left beside right
- &21 Jump feet apart outwards (left, right)
- 22 Pause
- &23 Jump feet together (left, right)
- 24 Pause

CROSS, UNWIND, POINT, BEHIND, POINT, SAILOR ¼ TURN, PAUSE

- 25 Cross right over left
- 26 Unwind half turn over left shoulder
- 27 Point right foot out to right side
- 28 Step right foot behind left
- 29 Point left foot out to right side
- 30&31 Step left behind right (turning ¼ turn back over left shoulder), step right to side, step left beside right
- 32 Pause

JUMP JUMP, PAUSE, JUMP JUMP, PAUSE, JUMP JUMP, PAUSE, JUMP JUMP, PAUSE

- &33 Jump left out to left side, step right beside left
- 34 Pause
- &35 Jump left out to left side, step right beside left
- 36 Pause
- &37 Jump right out to right side, step left beside right
- 38 Pause
- &39 Jump right out to right side, step left beside right
- 40 Pause

OUT OUT, IN IN, TWIST, CENTER, OUT OUT, IN IN, TWIST, CENTER

- &41 Jump feet apart outwards (left, right)
- &42 Jump feet together (left, right)
- 43-44 Twist knees 45° to right, twist back to center
- &45 Jump feet apart outwards (right, left)
- &46 Jump feet together (right, left,)
- 47-48 Twist knees 45° to left, twist back to center

REPEAT

TAG

After 3rd wall

REPEAT STEPS & 41-48

- &41 Jump feet apart outwards (left, right)
 - &42 Jump feet together (left, right)
 - 43-44 Twist knees diagonally to right, twist back to center
 - &45 Jump feet apart outwards (right, left)
 - &46 Jump feet together (right, left,)
 - 47-48 Twist knees diagonally to left, twist back to center
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