

Stuck And Twisted

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Frida Axelsson (SWE)

Musique: Stuck In the Middle - MIKA



STEP, STEP, SWIVEL HEELS

- 1 Step right foot forward
- 2 Step left foot forward
- 3 Swivel heels left
- &4 Swivel heels right - left
- &5 Swivel heels right - left
- &6 Swivel heels right - left
- &7 Swivel heels right - left
- &8 Swivel heels right - left

SHUFFLE BACK, JUMP, LEFT HEEL, STEP, JUMP, POINT, POINT

- 1 Step right foot back
- & Step left foot next to right foot
- 2 Step right foot back
- & Jump right foot back
- 3 Touch left foot heel forward
- 4 Hold
- & Touch left foot beside right foot
- 5 Step right foot forward
- 6 Jump forward right foot/left foot
- 7 Point right foot side right
- & Step right foot beside left foot
- 8 Point left foot side left
- & Step left foot beside right foot

SCUFF, SCUFF, SHUFFLE BACK, SCUFF, SCUFF, SHUFFLE FORWARD

- 1 Scuff right foot forward
- 2 Scuff right foot back
- 3 Step right foot back
- & Step left foot beside right foot
- 4 Step right foot back
- 5 Scuff left foot back
- 6 Scuff left foot forward
- 7 Step left foot forward
- & Step right foot beside left foot
- 8 Step left foot forward

CHARLESTON, STEP ½ TURN LEFT, SKATE, SKATE

- 1 Step right foot forward
- 2 Kick left foot forward
- 3 Step left foot back
- 4 Point right foot back
- 5 Step right foot forward and turn ½ left
- 6 Step left foot forward
- 7 Skate right foot forward
- 8 Skate left foot forward

CROSS SHUFFLE & HEEL, CROSS SHUFFLE & HEEL, TOUCH TOE BACK & TURN ½ LEFT

- 1 Cross right foot over left foot
- & Step left foot side left
- 2 Cross right foot over left foot
- & Step left foot side left
- 3 Touch right foot heel forward
- 4 Hold
- & Step right foot beside left foot
- 5 Cross left foot over right foot
- & Step right foot side right
- 6 Cross left foot over right foot
- & Step right foot side right
- 7 Touch left foot heel forward
- 8 Touch left foot toe back and turn ½ left

JAZZ BOX/CLAP, JUMP/KICK, STEP, CROSS/CLAP, JUMP/KICK, SAILOR TURN ½ RIGHT, FLICK, STEP

- 1 Cross right foot over left
- & Step left foot back
- 2 Step right foot side right
- & Step left foot beside right foot, clap
- 3 Jump right foot side right
- & Kick left foot side left
- 4 Step left foot in place
- & Cross right foot over left foot, clap
- 5 Jump left foot side left
- & Kick right foot side right
- 6 Step right foot back turn ¼ right
- & Step left foot next to right foot
- 7 Jump right foot forward turn ¼ right
- & Flick left foot
- 8 Step left foot in place

REPEAT
