

Keep It In The Middle Of The Road

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Yvonne Anderson (SCO), Lee Hamilton (SCO) & Cati Torrella (ES) - May 2017
音乐: Keep It in Middle of the Road - Kirwan



Music available on iTunes and Amazon

Notes: Start on vocal. Add 4 count tag at the end of wall 1 (facing 6) and following count 8 during wall 5 (facing 12).

To finish facing forward...wall 9, dance through to count 6 (facing 6) then change counts 7&8 to the following step L

forward, ½ turn right, Step L forward (now facing 12) add 4 count tag.

[1-8] KICK-STEP-ROCK-RECOVER X 2, SHUFFLE FORWARD, PIVOT FULL TURN

1&2& Kick R forward, (&) Step R slightly forward, Rock L to left, (&) Recover weight on R [12]
3&4& Kick L forward, (&) Step L slightly forward, Rock R to right, (&) Recover weight on L [12]
5&6 Shuffle forward stepping R, L, R [12]
7&8 Step L forward, (&) ½ turn right taking weight on R, ½ turn right stepping L back [12]

***TAG + RESTART....add 4 count tag following count 8 (facing 6) then restart dance ***

[9-16] ¼ RIGHT, TOUCH, ¼ LEFT TOUCH, ¼ LEFT TAP TOUCH, HEEL-TOE SWIVELS, BEHIND-SIDE-CROSS

1& ¼ turn right stepping R to right, (&) Touch L beside right [3]
2& ¼ turn left stepping L forward, (&) Touch R toes beside left [12]
3&4 ¼ turn left stepping R to side, (&) Tap L toes beside right, Touch L toes to left [9]
5&6 Swing heels towards centre, (&) Swing both toes centre, Swing heels to centre [9]
(counts 5&6....feet will gradually come to centre as you swing/walk heel, to, heel)
7&8 Step R behind left, (&) Step L to left, Step R across left [9]

[17-24] RHUMBA BOX, TWO STEP REVERSE FULL TURN, BEHIND-SIDE-CROSS-SIDE

1&2 Step L to left, (&) Step R beside left, Step L forward [9]
3&4 Step R to right, (&) Step L beside right, Step R back [9]
5-6 ½ turn left stepping L forward, ½ turn left stepping R back [9]
7&8& Step L behind right, (&) Step R to right, Step L across right, (&) Step R to right [9]

[25-32] HEEL TOUCHES, MAMBO, SAILOR ¼, SHUFFLE FORWARD

1&2& Touch L heel forward, (&) Step L beside right, Touch R heel forward, (&) Step R beside left [3]
3&4 Rock L forward, (&) Recover weight on R, Step L beside right [3]
5&6 Step R behind left, (&) ¼ turn left stepping L to side, Step R slightly forward [6]
7&8 Shuffle forward stepping L, R, L [6]

TAG: add the following tag at the end of wall 1 and following count 8 during wall 5 and to finish wall 9 (see notes to finish facing forward)

1&2& Touch R heel forward, (&) Step R beside left, Touch L heel forward, (&) Step L beside right
3&4 Stomp R to right (&) Stomp L to left, HOLD

REPEAT