

The Middle

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - March 2018
音乐: The Middle - Zedd, Maren Morris & Grey : (iTunes)



(4 count intro / After 4 ticking sound)

[S1] Side, Hold, 2x Sailor Step, 1/4L Sailor Fwd

1 2 Step R to right side, Hold
3&4 Step L behind R, Step R to side, Step L to side
5&6 Step R behind L, Step L to side, Step R to side
7&8 Make a ¼ turn left stepping L behind R, Step R to side, Step L forward (9:00)

[S2] Fwd, Hold, 2x Side Rock-Cross, Chase Turn Fwd

1 2 Step R forward, Hold
3&4 Rock/step L to left side, Recover weight on R, Cross L over R
5&6 Rock/step R to right side, Recover weight on L, Cross R over L
7&8 Step L forward, Make a ½ turn right weight recover on R, Step L forward (3:00)

[S3] Shuffle Fwd, Step-Pivot 1/4R, Flip Turn L, 1/2L Side Rock

1&2 Shuffle forward R-L-R
3 4 Step L forward, Make a ¼ turn right weight recover on R
5&6 Cross L over R, Make a ¼ turn left stepping back on R, Make a ¼ turn left stepping L to side
7 8 Make further ½ turn left stepping R to right side, Recover weight on L (6:00)

[S4] Cross, 1/4R Back, Back Rock, Step-Pivot 1/2L, L Full Turn

1 2 Cross R over L, Make a ¼ turn right stepping back on L
3 4 Rock/step R back, Recover weight on L
5 6 Step R forward, Make a ½ turn left weight recover on L
7 8 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (3:00)

Restart on Wall 2 count 16 *(6:00) and Wall 6 count 16*(6:00)

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(updated: 16/July/18)