

The Middle

拍数: 32 墙数: 4 级数: Improver
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音乐: The Middle - Zedd, Maren Morris & Grey



#4 Count Intro

[1 – 8] STEP, TOUCH, OUT, IN, OUT, 1/4 LEFT SAILOR, KICK, BALL CHANGE

- 1,2 1) Step R to right; 2) Touch L next to R
3&4 3) Touch L out to left side; &) Touch L next to R foot; 4) Touch L out to left side
5&6 5) Step ball of L behind R; &) Step on R to right; 6) 1/4 turn left stepping L forward [9:00]
7&8 7) Kick R forward; &) Step on ball of R; 8) Step L forward

[9 – 16] OUT, OUT, SLIDE, ROCK, 1/4 RIGHT, 1/4 RIGHT CAMEL WALKS X2, HEAD ROLL

- &1,2 &) Step R out to right side; 1) Step L out to left side; 2) Slide R to L
3,4 3) Rock R to right; 4) 1/4 turn right recover L [12:00]
5,6 5) 1/4 right step R forward, pop L knee; 6) 1/4 right step L forward, pop R knee [6:00]
7-8 7-8) Close R to L, headroll clockwise bringing hands up to head

RESTART ON WALLS 2 & 6

[17 – 24] RIGHT MAMBO, HEEL GRINDS X2, LEFT SAILOR, GRAPEVINE

- 1&2 1) Rock R forward; &) Recover L; 2) Step R back
3,4 3) Step L back swiveling on R heel; 4) Step R back swiveling on L heel
5&6 5) Step L behind R; &) Step R to right; 6) Step L to left
7&8 7) Step R behind L; &) Step L to left; 8) Cross R over L

[25 – 32] LEFT SLIDE, DRAG, 1/4 LEFT SLIDE, 1/4 LEFT SLIDE, 1/4 LEFT SLIDE, HOLD, COASTER

- 1,2 1) Big step L to left; 2) drag R to L
3,4 3) 1/4 turn left sliding R to right; 4) 1/4 turn left sliding L to left [12:00]
5,6 5) 1/4 turn left sliding R to right; 6) Hold [9:00]
7&8 7) Step ball of L back; &) Step ball of R beside L; 8) Step L forward

* Check out the walkthrough and demo on my youtube channel: [youtube.com/MeganWheelerDance](https://www.youtube.com/MeganWheelerDance) *

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