

Lost In The Middle

拍数: 32 墙数: 2 级数: Improver
编舞者: Helen Parkyn (UK) - August 2018
音乐: Lost in the Middle - Catherine McGrath



Count in - 16 counts from very start of her singing.

RIGHT WEAVE (facing front), DIAGONAL SHUFFLE, MAMBO ROCK 1/2 TURN, DIAGONAL SHUFFLE

- 1&2& - step right to side, cross left behind, step right to side, step left across front of right
- 3&4 - towards right corner step forward right, close left beside, step forward right
- 5&6 - rock forward left (towards right corner), recover back on right, turn 1/2 left stepping forward left
- 7&8 - step forward right, close left beside, step forward right

LEFT WEAVE (facing back), DIAGONAL SHUFFLE, MAMBO ROCK 1/2 TURN, DIAGONAL SHUFFLE

- 1&2& - step left to side, cross right behind, step left to side, step right across front of left
- 3&4 - towards left corner step forward left, close right beside, step forward left
- 5&6 - rock forward right (towards left corner), recover back on left, turn 1/2 right stepping forward right
- 7&8 - step forward left, close right beside, step forward left

VAUDEVILLE RIGHT AND LEFT

- 1&2& - cross right over front of left, step left to side, touch right heel forward to right diagonal, bring right foot back beside left
- 3&4& - cross left over front of right, step right to side, touch left heel forward to left diagonal, bring left back beside right

HEEL & TOES SWITCHES WITH 1/4 TURN LEFT

- 1&2& - touch right heel forward, close right beside left, touch left toe backwards with 1/4 turn left, close left beside right
- 3&4& - touch right toe backwards, close beside left, touch left heel forward, close left beside right

VAUDEVILLE RIGHT AND LEFT

- 1&2& - cross right over front of left, step left to side, touch right heel forward to right diagonal, bring right foot back beside left
- 3&4& - cross left over front of right, step right to side, touch left heel forward to left diagonal, bring left foot back beside right

HEEL & TOES SWITCHES WITH 1/4 TURN LEFT

- 1&2& - touch right heel forward, close right beside left, touch left toe backwards with 1/4 turn left, close left beside right
- 3&4& - touch right toe backwards, close beside left, touch left heel forward, close left beside right.

Start again and have fun

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