

Caught In The Middle

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Ulises Alonso (ES) - September 2020
音乐: Caught in the Middle - A1 : (Album: Greatest Hits - 2009)



Intro: 32 Counts at 00:21

Remarks: No Tag, No Restart.

S1: SIDE ROCK, RECOVER, TURN ¼ LEFT SIDE ROCK, RECOVER, BALL CROSS, HOLD, CROSS SAMBA STARTING BODY ROLL DOWN

- 1-2 Rock right foot to right, recover weight onto left foot
- 3-4 Turn ¼ left rock right foot to right, recover weight onto left foot (9.00)
- &5-6 Step ball of right foot beside left foot, cross left foot over right foot, HOLD
- &7&8 Step ball of right foot beside left foot, cross left foot over right foot, step right foot to right, close left foot beside right foot as you push butt out starting a body roll from head down.

S2: COMPLETING BODY ROLL, CROSS SHUFFLE, SIDE, CLOSE TOUCH, TURN ¼ RIGHT FORWARD, TURN ½ RIGHT BACK, BACK, FORWARD TOUCH

- 1 Complete the body roll downwards to hip
- 2&3 Cross right foot over left foot, step ball of left foot to left, cross right foot over left foot
- 4-5-6 Step left foot to left, close touch right toe beside left, turn ¼ right step right forward (12.00)
- 7&8 Turn ½ right step left foot back, step right foot back, bend right knee slightly touch left toe forward (6.00)

S3: WALK, WALK, SHUFFLE ½ RIGHT TURN, TURN ¼ RIGHT SIDE, SIDE TOUCH (LOOK RIGHT), CLOSE TOUCH (LOOK LEFT AND TORQUE BODY LEFT), TURN ¼ RIGHT BACK, TURN ¼ RIGHT SIDE

- 1-2 Walk forward on left foot, walk forward on right foot
- 3&4 Turn ¼ right step left foot to left, step right foot beside left foot, turn ¼ right step left foot back (12.00)
- 5-6 Turn ¼ right step right foot to right, touch left toe out to left as you look right (3.00)
- 7 Close touch left toe beside right foot as you look left and torque body to left
- 8& Turn ¼ right step left foot back, turn ¼ right step right foot to right (9.00)

S4: CROSS, HOLD, SIDE, BEHIND, HOLD, SIDE, FORWARD ROCK, RECOVER, COASTER STEP

- 1-2&3 Cross left foot over right foot, HOLD, step right foot to right, cross left foot behind right foot
- 4&5-6 HOLD, step right foot to right, rock left foot forward, recover weight onto right foot
- 7&8 Step left foot back, close step ball of right foot beside left foot, step left foot forward as you sweep right foot back to front

S5: CROSS, SIDE, BEHIND-SIDE-HEEL GRIND, SIDE HEEL GRIND, BEHIND, TURN ¼ RIGHT FORWARD, FORWARD

- 1-2 Cross right foot over left foot, step left foot to left
- 3& Cross right foot behind left foot, step left foot to left
- 4-5 Cross touch right heel over left with toes turned out to left, grind right heel on the floor fanning right toes to right as you step on left heel to left (left toes turned towards right)
- 6 Grind left heel on the floor fanning left toes to left as you step right foot slightly to right
- 7&8 Cross left foot behind right foot, turn ¼ right step right foot forward, step left foot forward (12.00)

S6: TURN ¼ LEFT SIDE SHUFFLE, TURN ½ LEFT SIDE, TURN ½ LEFT SIDE SHUFFLE, TURN ½ LEFT SIDE, SIDE WITH FIGURE '8' HIP ROLL

- 1&2 Turn ¼ left step right foot to right, step left foot beside right foot, step right foot to right (9.00)
- 3 Turn ½ left step left foot to left (3.00)

- 4&5 Turn ½ left step right foot to right, step left foot beside right foot, step right foot to right (9.00)
6 Turn ½ left step left foot to left (3.00)
7-8 Step right foot to right as you start a figure '8' motion hip roll (weight ends on left foot)

S7: SHUTTER TOE TAPS, OUT STEP, SHUTTER TOUCHES, OUT STEP, ROLL RIGHT KNEE OUT, ROLL LEFT KNEE OUT

- 1&2 Close tap right toe in-step beside left foot, tap right toe slightly forward, tap right toe out to right diagonal (you should be rolling right knee outwards to right as you do these three toes taps)
3 Continue to roll right knee out as you step right foot out to right
4&5 Close tap left toe in-step beside right foot, tap left toe slightly forward, tap left toe out to left diagonal (you should be rolling left knee outwards to left as you do these three toes taps)
6 Continue to roll left knee out as you step left foot out to left
7 Pop right knee in and roll it out to right as you step right foot to right
8 Pop left knee in and roll it out to left as you step left foot to left

S8: VAUDEVILLE TURNING ¼ LEFT, SWITCH, VAUDEVILLE, SWITCH, FORWARD ROCK, RECOVER, TURN ¼ RIGHT SIDE ROCK, RECOVER

- 1&2& Cross right foot over left foot, turn ¼ left step left forward, tap right heel diagonally forward, close step right foot beside left foot (12.00)
3&4& Cross left foot over right foot, step right to right, tap left heel diagonally forward, close step left foot beside right foot
5-6 Rock right foot forward, recover weight onto left foot
7-8 Turn ¼ right rock right foot to right, recover weight onto left foot (3.00)

DANCE ENDS HERE! TURN ANOTHER ¼ RIGHT TO FACE 6.00 AS YOU SIDE ROCK RIGHT FOOT TO RIGHT TO START THE NEXT WALL. SO THIS MAKES THE DANCE A TWO WALL DANCE.
