

Right In The Middle

拍数: 32 墙数: 2 级数: High Intermediate NC2S
编舞者: Debbie Rushton (UK) - March 2023
音乐: Right In The Middle - John Morgan



Count In: Immediately on lyrics. There is no count in so be ready!

SWEEP, BEHIND ¼ TURN, NC2 BASIC, ¼ TURN ¼ TURN CROSS 1 ¼ TURN

1 2& Step back on L as you sweep R around, Cross R behind L, Make ¼ L stepping L forward
3 4& Make ¼ turn L stepping R to R side, Step L beside R, Cross R over L
5 6 Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side
7&8& Cross L over R, Make ¼ L stepping R back, Make ½ turn L stepping L forward, Make ½ turn L stepping R back

BACK ROCK ½ TURN, BACK ROCK ¼ TURN, BACK ROCK ¼ LUNGE, 1 ½ TURN

1&2 Rock back on L, Recover forward onto R, Make ½ turn R stepping L back
3&4 Rock back on R, Recover forward onto L, Make ¼ turn L stepping R to R side
5&6 Rock back on L, Recover forward onto R, Making ¼ turn R lunge L out to L side
7&8& Make ¼ turn R stepping R forward, Make ½ turn R stepping back on L, Make ½ turn R stepping R forward, Make ¼ turn R stepping L to L side

BACK ROCK ½ HINGE TURN, SIDE CROSS SIDE, BACK ROCK ½ HINGE TURN, SIDE CROSS SIDE BEHIND

1&2 Rock R behind L, Recover forward onto L, Step R to R diagonal and hinge ½ turn over L shoulder lifting L leg off the floor slightly
3&4 Step L to L side, Cross R over L, Step L to L side
5&6 Rock R behind L, Recover forward onto L, Step R to R diagonal and hinge ½ turn over L shoulder lifting L leg off the floor slightly
7&8& Step L to L side, Cross R over L, Step L to L side, Cross R behind L

SWAY, SWAY SWAY SWAY, ¼ TURN, CHASE TURN, FULL TURN ROCK RECOVER

1 2& Step L out to L side and sway body L, sway body R, L
3 4 Sway body R and make ¼ turn R stepping R forward, Step L forward
5&6 Step R forward, Pivot ½ turn L, Step R forward (prep to turn R)
7&8& Make ½ turn R stepping back on L, Make ½ turn R stepping R forward, Rock forward on L, Recover back onto R

NO TAGS, NO RESTARTS, ENJOY!! ☐

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