

# The Middle One

**COPPER KNOB**  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Improver west coast swing  
编舞者: Helen Born (USA) & Nita Lindley (USA)  
音乐: The One In the Middle - Sarah Johns



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## RIGHT & LEFT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

1-2-3-4      Stomp right forward, hitch left knee and swivel right heel out, stomp left forward, hitch right knee and swivel left heel out  
5&6-7-8      Step right to side, step left together, step right to side, rock left back, recover to right

## LEFT & RIGHT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

1-2-3-4      Stomp left forward, hitch right knee and swivel left heel out, stomp right forward, hitch left knee and swivel right heel out  
5&6-7-8      Step left to side, step right together, step left to side, rock right back, recover to left

## FULL TURN, TOE STRUTS

1-2-3-4      Step right forward, turn  $\frac{1}{2}$  left (weight to left), step right forward, turn  $\frac{1}{2}$  left (weight to left)  
5-6-7-8      Step right toe back, drop right heel, step left toe back, drop left heel

## STEP RIGHT, LEFT TOGETHER, STEP RIGHT, HOLD, $\frac{1}{4}$ TURN LEFT SAILOR STEP, HOLD

1-2-3-4      Step right to side, step left together, step right to side, hold  
5-6-7-8      Turn  $\frac{1}{4}$  left and step left back, step right in place, step left forward, hold

**REPEAT**

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