

In The Middle

拍数: 64 墙数: 4 级数: Intermediate
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音乐: In the Middle - Sugababes



KICK & POINT, TWIST TWIST KICK, COASTER STEP, SCUFF HITCH STEP

- 1&2 Kick forward with right, replace weight on right, touch left toe to left side
3&4 Twist heels right, left, right to make a ¼ turn left ending with a small kick forward on left (9:00)
5&6 Left coaster step
7&8 Small scuff forward on right, hitch right knee, step forward on right

TAP TAP TURN, SCUFF SIDE STEP, LEAN REPLACE, BEHIND SIDE CROSS

- 1&2 Tap left toe back, tap left toe slightly further back, make ¼ turn left & step left to left side (6:00)
3-4 Small scuff forward on right, step right to right side about shoulder width apart
5-6 Bending right knee slightly lean weight over right leg keeping upper body & shoulders straight, push body back over to left & do a small kick to right side
7&8 Step right behind left, small step to left side, cross right over left

ROCK & KICK CROSS, ROCK REPLACE, TOUCH BACK UNWIND, CHASSE SIDE

- 1&2& Rock left to left side, replace weight on right, small kick forward on left, cross left over right
3-4 Rock right to right side & slightly back, replace weight on left
5-6 Touch right toe behind left, unwind whole turn right weight to finish on right (6:00)
7&8 Chasse left to left side

OVER BACK CHASSE SIDE, OVER ¼ TURN CHASSE SIDE

- 1-2-3&4 Cross right over left, step back on left, chasse right to right side, right, left, right
5-6-7&8 Cross left over right, making ¼ turn left step back on right, chasse left to left side, left, right, left (3:00)

SKATE FORWARD RIGHT, LEFT, SHUFFLE TO THE CORNER, SKATE LEFT, RIGHT, SHUFFLE TO THE CORNER

- 1-2 Skate forward on right, skate forward on left
3&4 Keeping steps close together shuffle slightly forward towards the right diagonal
5-6 Skate forward on left, skate forward on right
7&8 Keeping steps close together shuffle slightly forward towards the left diagonal

Restart will come in here on first wall

ROCK REPLACE ½ TRIPLE TURN, & STEP, HIPS OR SHOULDER ROLLS

- 1-2 Rock forward on right, replace weight on left
3&4 ½ triple turn right, (option: 1 ½ triple turn right)
&5 Step forward on left, step right up to left about shoulder width apart (9:00)
6-7&8 Bump hips to right, bump hips left, right, left weight to finish on left

Option: bump hips left, right, left, right, left, right, left

Option 2 for hip bumps, on count 6 roll weight over onto right bringing right shoulder down, left shoulder up, on counts 7-8 shift weight over to left bringing left shoulder down & right shoulder up, weight on left

SIDE BEHIND & DIG HOLD, & TOUCH & DIG & CROSS SHUFFLE

- 1-2 Step right to right side, cross left behind right
&3-4 Step right to right side & slightly back, dig left heel forward & slightly to left diagonal, hold
&5&6& Replace weight on left, touch right toe next to left toe, step back & slightly to right side on right, dig left heel again, replace weight on left

7&8 Cross shuffle right over left

¼ TURN, ¼ TURN, SHUFFLE FORWARD, KICK BACK BACK, HOLD BACK BACK

1-2 Making ¼ turn right step back on left, making ¼ turn right step right to right side (3:00)

3&4 Shuffle forward left

5&6 Kick forward with right, step back on right, step left up to right

7&8 Hold, step slightly back on right, step left next to right

REPEAT

RESTART

On the first wall do up to & including section 5, the skates, then restart the dance facing the 3:00 wall

TAG

At end of wall 4 you will face 12:00 wall, there is an extra 16 counts. Just repeat the last 16 counts of the dance, then start the dance again from beginning
