

In The Middle

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Maureen Jones (UK) & Michelle Jones (UK) - January 2008
音乐: Stuck In the Middle - MIKA : (CD: Life In Cartoon Motion)



ALTERNATIVE MUSIC: 'One More Broken Hearted Man' by Redfern & Crooks (92/184 bpm) CD: Line Dance Hits From The Jukebox - Vol 1
(Please note this dance is danced on the fast beat for both tracks)

Intro: Both tracks 64 counts (fast beat)

TOUCH, HITCH, STEP, HOLD, TOUCH, HITCH, STEP, HOLD

1-2 Touch right slightly forward, hitch right
3-4 Step right slightly forward, hold
5-6 Touch left slightly forward, hitch left
7-8 Step left slightly forward, hold

HEEL STRUTS, RUN, HOLD

9-10 Step right heel forward, drop right toes
11-12 Step left heel forward, drop left toes
13-16 Run forward stepping right, left, right, hold

MAKE ½ TURN LEFT IN HEEL STRUTS

17-24 Make ½ turn left in 4 heel struts stepping left, right, left, right

SIDE, CLAP, SIDE, CLAP, STOMPS, CLAP, HOLD

25-26 Step left to left, clap hands to left
27-28 Step right to right, clap hands to right
29-30 Stomp left beside right, stomp right beside left

(keep weight on left)

31-32 Clap, hold

Begin again.
