

Stuck In The Middle

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Upper Beginner / Easy Intermediate
编舞者: Pauline Greenwood (AUS) - April 2012
音乐: Stuck In the Middle (feat. Guy Sebastian) - Adam Harvey : (Album: Best So Far)



Position: Feet Together, Weight On L Foot. Clockwise Rotation.
Dance Starts On The Word 'Well' After 8 Count Intro.

[1 – 8] TOE STRUT. ROCKING CHAIR. SIDE. BEHIND

1, 2, 3, 4 Touch R toe forward. Drop R heel. Step L forward. Rock weight back on R.
5, 6, 7, 8 Step L back. Rock forward onto R. Step L to L side. Step R behind L.

[9 – 16] SIDE. TOGETHER. TOE STRUT. ROCKING CHAIR

1, 2, 3, 4 Step L to L side. Step R beside L. Touch L toe forward. Drop L heel.
5, 6, 7, 8 Step R forward. Rock weight back on L. Step R back. Rock weight forward onto L.

[17 – 24] TOUCH. FORWARD. TOUCH. FORWARD. REGGAE QUARTER

1, 2, 3, 4 Touch R toe forward. Step R forward. Touch L toe forward. Step L forward.
5, 6, 7, 8 Step R across L. Turn 1/4 R stepping L back. Step R to R side. Step L beside R. (3.00)

[25 – 32] MAMBO. TOUCH. L 45 FORWARD. DRAG. BACK, TOUCH

1, 2, 3, 4 Step R forward. Rock weight back on L. Step R back. Touch L beside R.
5, 6, 7, 8 Step L to L 45. Drag R behind L. Step R back. Touch L beside R, as you square up (3.00)

[33 – 40] MAMBO. TOUCH. R 45 FORWARD. DRAG. BACK. TOUCH *

1, 2, 3, 4 Step L forward. Rock weight back on R. Step L back. Touch R beside L.
5, 6, 7, 8 Step R to R 45. Drag L behind R. Step L back. Touch R beside L, as you square up (3.00)

[41 – 48] REGGAE QUARTER. GRAPE VINE

1, 2, 3, 4 Step R across L. Turn 1/4 R stepping L back. Step R to R side. Step L beside R.
5, 6, 7, 8 Step R to R side. Step L behind R. Step R to R side. Step L beside R. (6.00)

REPEAT

TAG: At the end of wall 3 add an 8 count tag. (6.00)

[1 - 8] MAMBO. TOUCH. MAMBO .TOUCH.

1, 2, 3, 4 Step R forward. Rock weight back on L. Step R back. Touch L beside R.
5, 6, 7, 8 Step L forward. Rock weight back on R. Step L back. Touch R beside L.

ENDING* Dance to Count 40 Reggae 1/2 turn R to face the front.

1, 2 Step R across L. Turn 1/4 R stepping L back.
3, 4 Turn 1/4 R stepping R forward. Step L beside R.

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