

In The Middle of Nowhere

拍數: 64 牆數: 2 級數: Improver
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音樂: In the Middle of Nowhere - Dusty Springfield



#16 Count Intro

S1: Step R forward , hold, ball rock, recover, R shuffle back, back recover

1,2 & 3,4 Step right forward, hold, close left beside right, rock forward right, recover left,
5 & 6,7,8 step right back, close left by right, step right back, rock back left, recover right.

S2: Step L forward , hold, ball step, step forward R, ¼ L, cross shuffle, side

1,2 & 3,4 Step Left forward, hold, close right beside left, step forward left, step forward right
5, 6 & 7,8 Pivot ¼ turn left, cross right over left, step left to left side, cross right over left, Step left to
side.

S3: Rock back R, recover, shuffle forward, rock L, recover, shuffle ½ L

1,2,3 & 4 Rock right foot back, recover forward on left, step right forward, close left by right, step right
forward,
5,6, 7 & 8 Rock left foot forward, recover back on right, step left foot ¼ turn, step right foot together, turn
¼ left step left foot forward.

S4: Step R forward, hold, ball step, step forward L, ¼ R, cross shuffle, side

1,2 & 3, 4 Step right forward, hold, close left beside right, step forward right, step forward left
5, 6 & 7,8 Pivot ¼ turn right, cross left over right, step right to right side, cross left over right, Step right
to side.

S5: Rock L back , recover, walk L, R, ¼ R, touch R, ¼ R, touch L

1,2,3,4, Rock left foot back, recover forward on right, walk forward left, right,
5,6,7,8 Step forward on left turning ¼ right, touch right beside left, step forward right turning ¼ right,
touch left beside right.

S6: Chasse L, rock back, recover, chasse R, rock back, recover

1 & 2, 3,4 Step left to the side, close right beside left, step left to the side, rock right foot behind left,
recover on left.
5 & 6, 7,8 Step right to the side, close left beside right, step right to the side, rock left foot behind right,
recover on right.

S7: Chasse ¼ R, rock back, recover, monterey ¼ turn R

1 & 2, 3,4 Step left foot ¼ turn right, close right beside left, step left to the side, rock right foot behind
left, recover on left.
5,6,7,8 Point right foot to right, ¼ right onto right foot, point left to the side, step left beside right.

S8: Rock R forward, recover, jump back, hold, jump back, hold, rock back, recover

1,2 & 3,4 Rock right foot forward, recover on left, jump back right, left, hold/clap.
& 5,6,7,8 Jump back right, left, hold/clap, rock back on right, recover on left.