

The Middle

拍數: 32 牆數: 4 級數: High Improver
編舞者: Magali Bérenger (FR) - February 2018
音樂: The Middle - Zedd, Maren Morris & Grey



Intro: 32 cts / approx. 0:20 secs.

Easy INTRO : 16 cts Start the dance intro on lyrics : « So pull me closer... »

SCT i1 : Side, Together, Side Chassé, Side, Together, Side Chassé

- 1 - 2 Step RF on right side, Step together on LF
- 3 & 4 Step RF on right side, Step together on LF, Step RF on right side
- 5 - 6 Step LF on left side, Step together on RF
- 7 & 8 Step LF on left side, Step together on RF, Step LF on left side

SCT i2 : Rock fwd, Back Chassé, Rock Back, Fwd Chassé

- 1 - 2 Rock RF fwd, Recover on LF
- 3 & 4 Step RF back, Step together on LF, Step RF back
- 5 - 6 Rock LF back, Recover on RF
- 7 & 8 Step LF fwd, Step together on RF, Step LF fwd

Main dance:-

SCT 1 : Rock fwd, Together, Fwd, Twists, Back Rock, Side Rock Cross

- 1 - 2 & Rock RF fwd, Recover on LF, Step together on RF
- 3 & 4 Step LF fwd, On your toes twist both heels on left side, Replace to centre
- 5 - 6 Rock LF back, Recover on RF
- 7 & 8 Rock LF on left side, Recover on RF, Cross LF over RF

SCT 2 : Side, Back Rock, Recover 1/4, Side, Back Rock, Side, Behind, Together, Cross Shuffle

- 1 - 2 Step RF on right side, Rock LF back
- & 3 & 4 1/4 turn right while recovering on RF (3:00), Step LF on left side, Rock RF back, Recover on LF
- 5 - 6 Step RF on right side, Cross LF behind RF
- & 7 & 8 Together on RF, Cross LF over RF, Step LF next to RF, Cross LF over RF

RESTART WALL 4 : After section 2 (facing 12:00), Make a 1/4 turn right to restart WALL 5 facing 3:00

SCT 3 : 1/4 Turn, Fwd, Half Rumba Box, Back, Back, Coaster step

- 1 - 2 1/4 turn right stepping RF fwd (6:00), Step LF fwd
- 3 & 4 Step RF on right side, Step together on LF, Step RF back
- 5 - 6 Step LF back with a Right Heel Grind, Step RF back with a Left Heel Grind
- 7 & 8 Step LF back, Step together on RF, Step LF fwd

SCT 4 : Step 1/2 turn, 1/4 chassé, Step 1/2 turn, Step Lock Step

- 1 - 2 Step RF fwd, Pivot 1/2 turn left (12:00)
- 3 & 4 1/4 turn left stepping RF on right side (9:00), Step together on LF, Step RF on right side
- 5 - 6 Step LF fwd, Pivot 1/2 turn right (3:00)
- 7 & 8 Step LF fwd, Lock RF behind LF, Step LF fwd