

# The Middle

拍數: 32      牆數: 4      級數: Improver  
編舞者: Megan Wheeler (USA) - April 2018  
音樂: The Middle - Zedd, Maren Morris & Grey



## #4 Count Intro

### [1 – 8] STEP, TOUCH, OUT, IN, OUT, 1/4 LEFT SAILOR, KICK, BALL CHANGE

1,2            1) Step R to right; 2) Touch L next to R  
3&4           3) Touch L out to left side; &) Touch L next to R foot; 4) Touch L out to left side  
5&6           5) Step ball of L behind R; &) Step on R to right; 6) 1/4 turn left stepping L forward [9:00]  
7&8           7) Kick R forward; &) Step on ball of R; 8) Step L forward

### [9 – 16] OUT, OUT, SLIDE, ROCK, 1/4 RIGHT, 1/4 RIGHT CAMEL WALKS X2, HEAD ROLL

&1,2           &) Step R out to right side; 1) Step L out to left side; 2) Slide R to L  
3,4            3) Rock R to right; 4) 1/4 turn right recover L [12:00]  
5,6            5) 1/4 right step R forward, pop L knee; 6) 1/4 right step L forward, pop R knee [6:00]  
7-8            7-8) Close R to L, headroll clockwise bringing hands up to head

### RESTART ON WALLS 2 & 6

### [17 – 24] RIGHT MAMBO, HEEL GRINDS X2, LEFT SAILOR, GRAPEVINE

1&2            1) Rock R forward; &) Recover L; 2) Step R back  
3,4            3) Step L back swiveling on R heel; 4) Step R back swiveling on L heel  
5&6            5) Step L behind R; &) Step R to right; 6) Step L to left  
7&8            7) Step R behind L; &) Step L to left; 8) Cross R over L

### [25 – 32] LEFT SLIDE, DRAG, 1/4 LEFT SLIDE, 1/4 LEFT SLIDE, 1/4 LEFT SLIDE, HOLD, COASTER

1,2            1) Big step L to left; 2) drag R to L  
3,4            3) 1/4 turn left sliding R to right; 4) 1/4 turn left sliding L to left [12:00]  
5,6            5) 1/4 turn left sliding R to right; 6) Hold [9:00]  
7&8            7) Step ball of L back; &) Step ball of R beside L; 8) Step L forward

\* Check out the walkthrough and demo on my youtube channel: [youtube.com/MeganWheelerDance](https://www.youtube.com/MeganWheelerDance) \*

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