

The Middle

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - May 2021
音樂: The Middle - Jimmy Eat World : (Spotify)



(Intro: 32 count/Dance starts on lyrics)

[S1] Side, Together, Side Rock-Together, Fwd, Hold, Step-Pivot 1/2R

1 2 Step R to the side, Step L together
3 4& Rock R to the side, Recover weight on L, Step R together
5 6& Step forward on L, Hold, Ball step R next to L
7 8 Step forward on L, Make a ½ turn right recover weight on R (6:00)

[S2] Fwd, Hold, Ball-Fwd, 2x Step-Pivot 1/2L, Side Rock

1 2&3 Step forward on L (1), Hold (2), Ball step R next to L (&), Step forward on L (3)
4 5 Step forward on R, Make a ½ turn left recover weight on L (12:00)
6 7 Step forward on R, Make a ½ turn left recover weight on L (6:00)
8& Rock R to the side, Recover weight on L

[S3] Cross, Hold, &-Behind, Hold, Side-Cross-Side-Behind-Side

1 2& Cross R over L, Hold, Step L to the side
3 4& Step R behind L, Hold, Step L to the side
5 6 7 8 Cross R over L, Step L to the side, Step R behind L, Step L to the side

[S4] Cross Rock, 1/4R Shuffle Fwd, 1/2R Shuffle Back, Back Rock

1 2 Rock R across L, Recover/replace weight on L
3&4 Make a ¼ turn right shuffle forward on R-L-R (9:00)
5&6 Make a ½ turn right shuffle back on L-R-L (3:00)
7 8 Rock back on R, Recover weight on L

[S5] Toe Strut Turn (1 and ¼ Left), Back Rock

1 2 3 4 Make a ¼ turn right toe strut back on R (1 2) (12:00), Make a ½ turn right toe strut forward on L (3 4) (6:00)
5 6 7 8 Make a ½ turn right toe strut back on R (5 6) (12:00), Rock back on L, Recover weight on R

[S6] Hitch Turn (1 and ¼ Right), Back Rock

1 2 Make a ¼ turn left stepping back on L, Hitch R knee (3:00)
3 4 Make a ½ turn left stepping forward on R, Hitch L knee (9:00)
5 6 Make a ½ turn left stepping back on L, Hitch R knee (3:00)
7 8 Rock back on R, Recover weight on L

[S7] Rocking Chair, 1/4R Side Touches R-L

1 2 3 4 Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L
5 6 Make a ¼ turn left stepping R to the side, Touch L next to R (12:00)
7 8 Step L to the side, Touch R next to L

[S8] Fwd Rock, Coaster Step, Step-Pivot 3/4R, Side Rock-Together

1 2 Rock back on R, Recover weight on L
3&4 Step back on R, Step L next to R, Step forward on R
5 6 Step forward on L, Make a ¾ turn right recover weight on R (9:00)
7 8& Rock L to the side, Recover weight on R, Step L together

Restart on Wall 2 Count 32** (12:00)

Ending suggestion: The dance finishes at 9:00, Make a $\frac{1}{4}$ turn right to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 12/May/21)
