

The Middle

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



#8 Count Intro (Dance starts after words "Take a seat")
One 4-count tag, two restarts after 12 counts

Section 1: Heel switches, 1/4 turn pivot, forward shuffle

1& Touch R heel forward, replace next to L
2& Touch L heel forward, replace next to R
3& Touch R heel forward, replace next to L
4& Touch L heel forward, replace next to R
5-6 Step R to side, pivot 1/4 turn onto L to face 9:00
7&8 Shuffle forward R-L-R

Section 2: 1/2 turn pivot, forward shuffle, forward rock, 1/2 turn shuffle

1-2 Step L forward, pivot 1/2 turn onto R to face 3:00
3&4 Shuffle forward L-R-L [[Restart here on Wall 2 and Wall 6, facing 6:00]]
5-6 Rock R forward, recover L
7&8 Shuffle R-L-R while making 1/2 turn over R shoulder to face 9:00

Section 3: forward rock, 1/2 turn shuffle, kick and point (x2)

1-2 Rock L forward, recover R
3&4 Shuffle L-R-L while making 1/2 turn over L shoulder to face 3:00
5&6 Kick R forward, step R forward, point L to side
7&8 Kick L forward, step L forward, point R to side

Section 4: step point (x2), sailor step (x2)

1-2 Step back R, point L to side
3-4 Step back L, point R to side
5&6 Step R behind L, step L to side, step R to side
7&8 Step L behind R, step R to side, step L to side

Tag: Toe struts (x2) after Wall 4 facing 12:00

1-2 Step forward on R toe, drop R heel
3-4 Step forward on L toe, drop L heel
