

Stuck in the Middle

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Novi3NLD (INA) & Lidia Landon Michael (USA) - March 2025
音樂: Stuck in the Middle - O.N.E The Duo



Restart on Wall 3 after 8 counts , Wall 7 after 16 counts

Intro: 16 counts

SECTION 1: SIDE MAMBO, HEEL SWITCHES, FRONT SHUFFLE

1&2 Rock R to R side, recover L, step R next to L
3-4 Touch L heel front, step L next to R
5-6 Touch R heel front, step R next to L
7&8 Step Forward L, step R next to L , Step Forward L

SECTION 2: PIVOT ½ TURN, FRONT SHUFFLE, PIVOT ¼ TURN, CROSS SHUFFLE

1-2 Step forward R, ½ pivot L, putting weight on L foot
3&4 Step Forward R, step L next to R , Step Forward R
5-6 Step forward L, ¼ pivot R, putting weight on R foot
&8 Step L front across R, step R to R side, Step L front across R

SECTION 3: COASTER STEP, SIDE, TOUCH, JUMP FRONT, CLAP 2X, JUMP BACK CLAP 2 X

1&2 Step Back R, step L next to R, Step Forward R
3-4 Step L to L side. Touch R next to L
&5&6 Step forward R. Step forward L (&5), Clap 2 x (&6)
&7&8 Step backward R. Step backward L (&7), Clap 2 x (&8)

SECTION 4: PIVOT ½ TURN, WALK 2X, JAZZ BOX

1-2 Step forward R, ½ pivot L, putting weight on L foot
3-4 Walk forward R, walk forward L
5-6 Cross R foot over L, step L foot back
7-8 Step R foot to R side, Cross L foot over R

RESTARTS: On Wall 3, do Section 1 only (8 counts), then restart facing 6:00 On Wall 7, do Sections 1&2 only (16 counts) , then restart facing 12:00

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Happy Dancing