

# Stuck And Twisted

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Frida Axelsson (SWE)  
音樂: Stuck In the Middle - MIKA



## STEP, STEP, SWIVEL HEELS

1            Step right foot forward  
2            Step left foot forward  
3            Swivel heels left  
&4          Swivel heels right - left  
&5          Swivel heels right - left  
&6          Swivel heels right - left  
&7          Swivel heels right - left  
&8          Swivel heels right - left

## SHUFFLE BACK, JUMP, LEFT HEEL, STEP, JUMP, POINT, POINT

1            Step right foot back  
&            Step left foot next to right foot  
2            Step right foot back  
&            Jump right foot back  
3            Touch left foot heel forward  
4            Hold  
&            Touch left foot beside right foot  
5            Step right foot forward  
6            Jump forward right foot/left foot  
7            Point right foot side right  
&            Step right foot beside left foot  
8            Point left foot side left  
&            Step left foot beside right foot

## SCUFF, SCUFF, SHUFFLE BACK, SCUFF, SCUFF, SHUFFLE FORWARD

1            Scuff right foot forward  
2            Scuff right foot back  
3            Step right foot back  
&            Step left foot beside right foot  
4            Step right foot back  
5            Scuff left foot back  
6            Scuff left foot forward  
7            Step left foot forward  
&            Step right foot beside left foot  
8            Step left foot forward

## CHARLESTON, STEP ½ TURN LEFT, SKATE, SKATE

1            Step right foot forward  
2            Kick left foot forward  
3            Step left foot back  
4            Point right foot back  
5            Step right foot forward and turn ½ left  
6            Step left foot forward  
7            Skate right foot forward  
8            Skate left foot forward

**CROSS SHUFFLE & HEEL, CROSS SHUFFLE & HEEL, TOUCH TOE BACK & TURN ½ LEFT**

- 1 Cross right foot over left foot
- & Step left foot side left
- 2 Cross right foot over left foot
- & Step left foot side left
- 3 Touch right foot heel forward
- 4 Hold
- & Step right foot beside left foot
- 5 Cross left foot over right foot
- & Step right foot side right
- 6 Cross left foot over right foot
- & Step right foot side right
- 7 Touch left foot heel forward
- 8 Touch left foot toe back and turn ½ left

**JAZZ BOX/CLAP, JUMP/KICK, STEP, CROSS/CLAP, JUMP/KICK, SAILOR TURN ½ RIGHT, FLICK, STEP**

- 1 Cross right foot over left
- & Step left foot back
- 2 Step right foot side right
- & Step left foot beside right foot, clap
- 3 Jump right foot side right
- & Kick left foot side left
- 4 Step left foot in place
- & Cross right foot over left foot, clap
- 5 Jump left foot side left
- & Kick right foot side right
- 6 Step right foot back turn ¼ right
- & Step left foot next to right foot
- 7 Jump right foot forward turn ¼ right
- & Flick left foot
- 8 Step left foot in place

**REPEAT**

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