

Stuck In The Middle

COPPER **KNOB**
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Josie Pickles (UK)
音樂: Stuck In the Middle With You - Louise



HEEL & HEEL & HEEL, CLAP CLAP & HEEL & HEEL & HEEL, CLAP CLAP

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3&4 Touch right heel forward, clap, clap
&5 Step right beside left, touch left heel forward
&6 Step left beside right, touch right heel forward
&7 Step right beside left, touch left heel forward
&8 Clap, clap

& ROCK RECOVER, TRIPLE ½ TURN, PIVOT HALF, COASTER STEP, TOGETHER

&9 Step left beside right, rock forward onto right
10 Recover stepping back onto left
11&12 Triple half turn over right shoulder, (right, left, right)
13 Pivot half turn over right shoulder stepping back onto left foot
14&15 Coaster step (right, left, right)
16 Step left beside right

& LEFT HEEL-JACK & CROSS & RIGHT HEEL-JACK, TOGETHER, OUT, OUT, PAUSE, IN, IN, PAUSE

&17 Hop onto right foot touch left heel diagonally forward
&18 Step left beside right (weight on left foot), cross right over left
&19 Step left diagonally back left, touch right heel diagonally forward right
&20 Step weight onto right foot, step left beside right
&21 Jump feet apart outwards (left, right)
22 Pause
&23 Jump feet together (left, right)
24 Pause

CROSS, UNWIND, POINT, BEHIND, POINT, SAILOR ¼ TURN, PAUSE

25 Cross right over left
26 Unwind half turn over left shoulder
27 Point right foot out to right side
28 Step right foot behind left
29 Point left foot out to right side
30&31 Step left behind right (turning ¼ turn back over left shoulder), step right to side, step left beside right
32 Pause

JUMP JUMP, PAUSE, JUMP JUMP, PAUSE, JUMP JUMP, PAUSE, JUMP JUMP, PAUSE

&33 Jump left out to left side, step right beside left
34 Pause
&35 Jump left out to left side, step right beside left
36 Pause
&37 Jump right out to right side, step left beside right
38 Pause
&39 Jump right out to right side, step left beside right
40 Pause

OUT OUT, IN IN, TWIST, CENTER, OUT OUT, IN IN, TWIST, CENTER

- &41 Jump feet apart outwards (left, right)
- &42 Jump feet together (left, right)
- 43-44 Twist knees 45° to right, twist back to center
- &45 Jump feet apart outwards (right, left)
- &46 Jump feet together (right, left,)
- 47-48 Twist knees 45° to left, twist back to center

REPEAT

TAG

After 3rd wall

REPEAT STEPS & 41-48

- &41 Jump feet apart outwards (left, right)
 - &42 Jump feet together (left, right)
 - 43-44 Twist knees diagonally to right, twist back to center
 - &45 Jump feet apart outwards (right, left)
 - &46 Jump feet together (right, left,)
 - 47-48 Twist knees diagonally to left, twist back to center
-