

In The Middle

拍數: 0 牆數: 1 級數: Advanced
編舞者: Lou Ecken (USA)
音樂: Right In The Middle Of My Broken Heart - Barry Amato



Sequence: ABB, Tag 1, ABB, Tag 2, B, Tag 3, A

PART A

HIP BUMPS, COASTER TOUCH, SAILOR STEP, BODY ROLL

- 1-2 With weight on left and right slightly in front of left, bump right hip up twice
- 3&4 Step right foot back, step left next to right, touch right out to side
- 5&6 Step right foot behind left, step left foot out to left side, step right foot out to right side (foot pointing right)
- 7-8 Downward body roll back/left for two counts so weight ends up on left (facing right wall)

KICK, CROSS, BACK, TOUCH, STEP; KICK, CROSS, BACK, STEP, ¼ TURN SLIDE

- 1&2 Kick right foot front, step right across left, step back on left
- 3-4 Touch right out to right side, step right next to left
- 5&6 Kick left foot front, step left across right, step right ¼ turn to the right (facing back wall)
- 7-8 Step left out to the left, sliding right in to touch just in front of left

17-32 Repeat first 16 counts (end up facing front)

ROCK, RECOVER, TRIPLE STEP; FRONT, SIDE, BEHIND, SWEEP

- 1-2 Rock right foot across left, recover back on left
- 3&4 Step right foot out to right, step left next to right, step right foot out to right
- 5-6 Step left across right, step right out to right side
- 7-8 Step left behind right, begin sweeping right around to right side (finish on count 1 of next 8)

END SWEEP, STEP, ROCK-BACK-SIDE, ROCK, RECOVER, STEP DRAG

- 1-2 Finish sweeping right around from right side and step behind left, step left out to left
- 3&4 Rock right in front of left, step back on left, step right to right side
- 5-6 Rock left in front of right, step back on right
- 7-8 Step left to left side, drag right to touch next to left

BOX STEP; SCUFF, CROSS, TURN, HOLD

- 1-2 Step right across left, step left back
- 3-4 Step right out to right, step left next to right
- 5-6 Scuff right heel, step ball of right across left
- 7-8 Pivot ½ turn to the left (weight on right), hold

HIP BUMPS, KICK-BALL-CHANGE (CLAP), CHUG AND STEP WITH ARM STYLING*

- 1-2 Weight on right, bump left hip up twice
- 3&4 Kick left low to the front, step left next to right, step right next to left with a clap
- 5-6 Keeping weight on right, push with left to make two quarter turns to the right
- 7-8 Push with left to make one more ¼ turn right, step left next to right facing front

After clap, extend arms above head and gradually bring down to sides during turn

PART B

KICK-BACK-BACK, SKATE RIGHT, SKATE LEFT, TWIST UP, TWIST DOWN, UP

- 1&2 Kick right low in front, step right back and slightly out, step left back and slightly out
- 3-4 Sweep right foot in a "C" pattern (in then out) and step on it, repeat with left (backward "C")

- 5-6 (Weight on left) raise on toes with right heel swiveling in so foot points right, lower/straighten
7-8 Raise back to neutral height with right side twist right again, hold

BUMP, BUMP, SAILOR STEP, ROCK, RECOVER, SWEEP, TOUCH

- 1-2 Bump right hip up to the right side twice
3&4 Step right behind left, step left next to right, step right out to right side
5-6 Rock left in front of right, step back on right
7-8 Sweep left foot from in front of right around to touch next to right heel

STEP, ROCK, RECOVER, CHA-CHA-STEP, ROCK, RECOVER (BASIC CHA SEQUENCE)

- 1-3 Step left next to (or slightly behind) right, step right back, recover weight on left
4&5 Step right forward, step instep of left up to right heel, step right forward
6-8 Step left forward, step right back, hold (finish figure 8 with hips)

KICK-BALL-CROSS, STEP, DRAG/CLAP, HIP BUMPS WITH ARM SWEEPS

- 1&2 Kick left foot front, step down on left, step right across left
3-4 Step left out to left side, clap while bringing right foot to touch next to left
5-8 Bump right hip up to side 4 times, sweeping arms from front/center around to sides

TAG 1

KICK-BALL-CROSS, TOUCH OUT, TOUCH IN; KICK-BALL-CROSS, TOUCH OUT, HOLD

- 1&2 Kick right front, step down on right, step left over right
3-4 Touch right out to right side, touch right next to left
5&6 Kick right front, step down on right, step left over right
7-8 Touch right out to right side, hold

KICK-BALL-CROSS, TOUCH OUT, TOUCH IN; KICK-BALL-CROSS, SWEEP, HOLD

- 1&2 Kick right front, step down on right, step left over right
3-4 Touch right out to right side, touch right next to left
5&6 Kick right front, step down on right, step left over right
7-8 Sweep right foot from back around to front, keeping weight on left

TAG 2

Dance all of Tag 1 plus the following:

ROCK, RECOVER, TURNING TRIPLE, WALK, WALK, WALK, SWEEP

- 1-2 Step right foot forward, step back on left
3&4 Make ½ turn to right stepping right-left-right
5-6 Step left forward, step right forward
7-8 Step left forward, sweep right foot around to make ½ turn left (don't take weight)

WALK RIGHT, WALK LEFT, CHA-CHA-STEP, WALK HOLD, SWEEP TO TOUCH

- 1-2 Step on right (ending sweep), step left forward
3&4 Step right forward, step left instep to right heel, step right forward
5-6 Step left forward, hold
7-8 Sweep right foot around, touch just next to/front of right

TAG 3

- 1-4 Weight on left, bump right hip up/side four times, bringing arms from down at side to overhead (like making angel wings)

Variation for the 1st and 3rd Part B sections:

Lyrics say "Right in the middle of my broken heart. . ."

- 1-4 Same (kick-back-back, skate, skate)
5-6 Extend right arm in front of and slightly crossing body, extend left arm over and crossing right
&7-8 Keeping arms crossed, bring fists towards shoulders, hold for 2 counts

