

In The Middle

拍數: 40 牆數: 2 級數: Improver
編舞者: Roy Thompson (UK)
音樂: In the Middle - Rodney Atkins



FORWARD TOUCH, HITCH BACK BACK, HEEL SWITCHES, ¼ PIVOT

1-2 Step forward on right, touch left next to right
3&4 Hitch left, step back left, step right next to left
5&6& Left heel forward, step together, right heel forward, step together
7-8 Step forward on left, pivot ¼ turn right (3:00)

CROSS TOUCH, KICK BALL CROSS, TAP TAP KICK, SAILOR ¼ TURN

1-2 Cross left over right, touch right next to left
3&4 Kick right, step right next to left, cross left over right
5&6 Tap right forward twice, kick right forward
7&8 Step right behind left, make ¼ turn right stepping onto left, step right next to left (6:00)

CROSS ROCK, LEFT CHASSE, HEEL GRIND ¼ TURN, RIGHT CHASSE

1-2 Cross left over right, recover on right
3&4 Step left to left side, step right next to left, step left to left side

First restart point

5-6 Right heel forward, make ¼ turn right stepping back on left (9:00)
7&8 Step right to right side, step left next to right, step right to right side

CROSS & HEEL, & CROSS SHUFFLE, BOUNCE ½ TURN, KICK BALL CHANGE

1&2& Cross left over right, step right to right side, left heel forward, step left next to right
3&4 Cross right over left, bring left next to right, cross right over left
5&6 Make ½ turn left bouncing heels 3 times (weight ends on left) (3:00)
7&8 Kick right, step right next to left, place weight on left

JAZZ BOX ¼ TURN, FORWARD HOLD, BALL WALK WALK

1-4 Cross right over left, make ¼ turn right stepping back on left, step right next to left, cross left over right (6:00)

Second restart point

5-6 Step forward on right, hold
&7-8 Step left next to right(&), walk forward right, left

Alternate:

7-8 Full turn right

REPEAT

TAG

At end of wall 1

ROCKING CHAIR, PIVOT ½ TURN LEFT TWICE

1-4 Rock forward on right, recover on left, rock back on right, recover on left
5-6 Step forward on right, pivot ½ turn left
7-8 Step forward on right, pivot ½ turn left (6:00)

TAG

At end of wall 2

1-4 Rock forward on right, recover on left, rock back on right, recover on left

RESTART

Restart after 20 counts on wall 6 (facing front)

Restart after 36 counts on wall 7 (facing back)
