

Caught In The Middle

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Vera-Lobos (AUS) & Jennifer Hughes (AUS)
音樂: Caught in the Middle - A1



FORWARD COASTER, BACK COASTER, STEP FORWARD, ½ PIVOT, ½ SHUFFLE

1&2 Step forward right & step left beside right, step back on right
3&4 Step back on left & step right beside left, step forward on left
5-6-7&8 Step forward right, pivot ½ turn left, turning ½ turn left shuffle right, left, right

LEFT SAILOR, RIGHT SAILOR, BEHIND, SIDE, CROSS SHUFFLE

1&2-3&4 Step left behind right & step right to side, step left to left side, step right behind left & step left to side, step right to right side
5-6-7&8 Step left behind right, step right to right side, cross shuffle to right stepping left, right, left (12:00)

SYNCOPATED ¼ TURN MONTEREY, BEHIND, SIDE, CROSS, TWICE

1&2 Touch right toe to right side & turn ¼ turn right stepping right beside left, touch left toe to left side
3&4 Step left behind right & step right to right side, cross step left over right
5&6 Touch right toe to right side & turn ¼ turn right stepping right beside left, touch left toe to left side
7&8 Step left behind right & step right to right side, cross step left over right (6:00)

RIGHT SIDE SHUFFLE, STEP, HEEL TWISTS, LEFT SIDE SHUFFLE, STEP, HEEL TWISTS

1&2-3&4 Shuffle to right side stepping right, left, right, step forward on left & twist heels ¼ left, twist heels ¼ right
5&6-7&8 Shuffle to left side stepping left, right, left, step forward on right & twist heels ¼ right, twist heels ¼ left (6:00)

ROCK BACK, ROCK FORWARD, ½ SHUFFLE, BACK COASTER, SHUFFLE FORWARD

1-2-3&4 Rock/step back on right, rock/step forward left, turning ½ turn left shuffle right, left, right
5&6-7&8 Step back on left & step right beside left, step forward on left, shuffle forward right, left, right (12:00)

CROSS SAMBA, CROSS SAMBA, CROSS, ¼, ¼, FULL TURN FORWARD

1&2 Cross step left over right & step right to right side, step left to left side
3&4 Cross step right over left & step left to left side, step right to right side
5&6 Cross left over right & turn ¼ turn left step back on right, turn ¼ turn left step left to left side
7-8 Turning ½ turn left step back on right, turning ½ turn left step forward on left (6:00)

SIDE ROCK, RIGHT SAILOR, LEFT SAILOR ¼, SYNCOPATED PIVOT

1-2-3&4 Side rock right, replace weight on left, step right behind left & step left to side, step right to side
5&6-7&8 Step left behind right & step right to side, turn ¼ turn left step on left, step forward right & pivot ½ turn left, step forward right (9:00)

SIDE ROCK, LEFT SAILOR, RIGHT SAILOR ¼, SYNCOPATED PIVOT

1-2-3&4 Side rock left, replace weight on right, step left behind right & step right to side, step left to side
5&6-7&8 Step right behind left & step left to side, turn ¼ turn right step on right, step forward left & pivot ½ turn right, step forward left (6:00)

REPEAT
