

# In The Middle

**COPPER KNOB**  
STEPPERS

拍數: 32                      牆數: 2                      級數: Absolute Beginner  
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - January 2008  
音樂: Stuck In the Middle - MIKA : (CD: Life In Cartoon Motion)



**ALTERNATIVE MUSIC: 'One More Broken Hearted Man' by Redfern & Crooks (92/184 bpm) CD: Line Dance Hits From The Jukebox - Vol 1**  
(Please note this dance is danced on the fast beat for both tracks)

**Intro: Both tracks 64 counts (fast beat)**

## **TOUCH, HITCH, STEP, HOLD, TOUCH, HITCH, STEP, HOLD**

1-2                      Touch right slightly forward, hitch right  
3-4                      Step right slightly forward, hold  
5-6                      Touch left slightly forward, hitch left  
7-8                      Step left slightly forward, hold

## **HEEL STRUTS, RUN, HOLD**

9-10                     Step right heel forward, drop right toes  
11-12                    Step left heel forward, drop left toes  
13-16                    Run forward stepping right, left, right, hold

## **MAKE ½ TURN LEFT IN HEEL STRUTS**

17-24                    Make ½ turn left in 4 heel struts stepping left, right, left, right

## **SIDE, CLAP, SIDE, CLAP, STOMPS, CLAP, HOLD**

25-26                    Step left to left, clap hands to left  
27-28                    Step right to right, clap hands to right  
29-30                    Stomp left beside right, stomp right beside left

**(keep weight on left)**

31-32                    Clap, hold

**Begin again.**

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