

# THE MIDDLE ONE

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate west coast swing

**Choreographer:** Helen Born & Nita Lindley

**Music:** The One In The Middle by Sarah Johns

## RIGHT & LEFT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

**1-2-3-4** Stomp right forward, hitch left knee and swivel right heel out, stomp left forward, hitch right knee and swivel left heel out

**5&6-7-8** Step right to side, step left together, step right to side, rock left back, recover to right

## LEFT & RIGHT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

**1-2-3-4** Stomp left forward, hitch right knee and swivel left heel out, stomp right forward, hitch left knee and swivel right heel out

**5&6-7-8** Step left to side, step right together, step left to side, rock right back, recover to left

## FULL TURN, TOE STRUTS

**1-2-3-4** Step right forward, turn  $\frac{1}{2}$  left (weight to left), step right forward, turn  $\frac{1}{2}$  left (weight to left)

**5-6-7-8** Step right toe back, drop right heel, step left toe back, drop left heel

## STEP RIGHT, LEFT TOGETHER, STEP RIGHT, HOLD, $\frac{1}{4}$ TURN LEFT SAILOR STEP, HOLD

**1-2-3-4** Step right to side, step left together, step right to side, hold

**5-6-7-8** Turn  $\frac{1}{4}$  left and step left back, step right in place, step left forward, hold

## REPEAT