

STUCK IN THE MIDDLE

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Josie Pickles

Music: Stuck In The Middle With You by Louise

HEEL & HEEL & HEEL, CLAP CLAP & HEEL & HEEL & HEEL, CLAP CLAP

- 1& Touch right heel forward, step right beside left
- 2& Touch left heel forward, step left beside right
- 3&4 Touch right heel forward, clap, clap
- &5 Step right beside left, touch left heel forward
- &6 Step left beside right, touch right heel forward
- &7 Step right beside left, touch left heel forward
- &8 Clap, clap

& ROCK RECOVER, TRIPLE ½ TURN, PIVOT HALF, COASTER STEP, TOGETHER

- &9 Step left beside right, rock forward onto right
- 10 Recover stepping back onto left
- 11&12 Triple half turn over right shoulder, (right, left, right)
- 13 Pivot half turn over right shoulder stepping back onto left foot
- 14&15 Coaster step (right, left, right)
- 16 Step left beside right

& LEFT HEEL-JACK & CROSS & RIGHT HEEL-JACK, TOGETHER, OUT, OUT, PAUSE, IN, IN, PAUSE

- &17 Hop onto right foot touch left heel diagonally forward
- &18 Step left beside right (weight on left foot), cross right over left
- &19 Step left diagonally back left, touch right heel diagonally forward right
- &20 Step weight onto right foot, step left beside right
- &21 Jump feet apart outwards (left, right)
- 22 Pause
- &23 Jump feet together (left, right)

24 Pause

CROSS, UNWIND, POINT, BEHIND, POINT, SAILOR ¼ TURN, PAUSE

25 Cross right over left

26 Unwind half turn over left shoulder

27 Point right foot out to right side

28 Step right foot behind left

29 Point left foot out to right side

30&31 Step left behind right (turning ¼ turn back over left shoulder), step right to side, step left beside right

32 Pause

JUMP JUMP, PAUSE, JUMP JUMP, PAUSE, JUMP JUMP, PAUSE, JUMP JUMP, PAUSE

&33 Jump left out to left side, step right beside left

34 Pause

&35 Jump left out to left side, step right beside left

36 Pause

&37 Jump right out to right side, step left beside right

38 Pause

&39 Jump right out to right side, step left beside right

40 Pause

OUT OUT, IN IN, TWIST, CENTER, OUT OUT, IN IN, TWIST, CENTER

&41 Jump feet apart outwards (left, right)

&42 Jump feet together (left, right)

43-44 Twist knees 45° to right, twist back to center

&45 Jump feet apart outwards (right, left)

&46 Jump feet together (right, left,)

47-48 Twist knees 45° to left, twist back to center

REPEAT

TAG

After 3rd wall

REPEAT STEPS & 41-48

- &41** Jump feet apart outwards (left, right)
- &42** Jump feet together (left, right)
- 43-44** Twist knees diagonally to right, twist back to center
- &45** Jump feet apart outwards (right, left)
- &46** Jump feet together (right, left,)
- 47-48** Twist knees diagonally to left, twist back to center