

Stuck In The Middle

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Count: 32 **Wall:** 2 **Level:** Improver / Intermediate

Choreographer: Julia Wetzel (USA) - August 2022

Music: - O.N.E The Duo

Intro: 16 counts (10 sec. into track)

Dedication: Choreographed for the Ballerup Linedance Festival 2022

Note: Keep your steps light and bouncy in general

[1 - 8] Cross Rock, Side, Cross Rock, ¼ L, Shuffle, Mambo ¼ L

1&2 Cross rock R over L (1), Recover L (&), Step R to right side (2) 12:00

3&4 Cross rock L over R (3), Recover R (&), ¼ Turn left step L fw (4) 9:00

5&6 Step R fw (5), Step L next to R (&), Step R fw (6) 9:00

7&8 Rock L fw (7), Recover R (&), ¼ Turn left step L to left side (8) 6:00

[9 - 16] Fw Rock, Side Rock, Sailor, Slow Sailor, Toe, Heel Stomp

1&2& Rock R fw (1), Recover L (&), Rock R to right side (2), Recover L (&) 6:00

3&4 Step R behind L (3), Step L to left side (&), Step R to right side (4) 6:00

5, 6 Step L behind R bending knees slightly (5), Step R to right side (6) 6:00

7&8 Step L to left side (7), Swivel both toes in (&), Swivel both heels in to neutral position before stomping both heels weight ends on L (8) 6:00

***Restart here on Wall 6 facing 12:00**

[17- 24] Mambo, Back, ¼ R, Cross, Hop & Bounce, Hop & Bounce

1&2 Rock R fw (1), Recover L (&), Step R back (2) 6:00

3&4 Step L back (3), ¼ Turn right step R to right side (&), Cross L over R (4) 9:00

&5&6 Hop R to right side (&), Step ball of L next to R bend both knees slightly (5), Lightly bounce up and down weight ends on R (&6) Bounce Styling: Lift and drop L hip as you bounce up and down (&6) 9:00

&7&8 Hop L to left side (&), Step ball of R next to L bend both knees slightly (7), Lightly bounce up and down weight ends on L (&8) Bounce Styling: Lift and drop R hip as you bounce up and down (&8) 9:00

[25 - 32] Cross, ¼ R Back, Side, Cross Shuffle, ½ L, Wriggle 2x

1, 2& Cross R over L (1), ¼ Turn R step L back (2), Step R to right side (&) 12:00

3&4 Cross L over R (3), Step R to right side (&), Cross L over R (4) 12:00

5, 6¼ Turn left step R back (5), ¼ Turn left step L to left side (6) 6:00

7, 8 Step R together with L then bend knees slightly and roll hip with shoulders counterclockwise (7), Repeat hip-shoulder roll weight ends on L (8)

Knee Pop Option: Step R together with L and pop L knee (7), Place weight on L and pop R knee (8) 6:00

Tag: At the end of Wall 2, do the following 8 counts then start Wall 3 facing 12:00

1&2 Cross rock R over L (1), Recover L (&), Step R to right side (2) 12:00

3&4 Cross rock L over R (3), Recover R (&), Step L to left side (4) 12:00

5 - 8 Cross R over L (5), Step L back (6), Step R to right side (7), Stomp L next to R (8) 12:00

Restart: On Wall 6, dance up to Count 16 (heel stomp) then start Wall 7 facing 12:00

Contact: JuliaLineDance@gmail.com - www.JuliaWetzel.com