

# IN THE MIDDLE

LINEDANCE.COM

**Count:** —                      **Wall:** 1                      **Level:** advanced

**Choreographer:** Lou Ecken

**Music:** Right In The Middle Of My Broken Heart by Barry Amato

**Sequence:** ABB, Tag 1, ABB, Tag 2, B, Tag 3, A

## PART A

### HIP BUMPS, COASTER TOUCH, SAILOR STEP, BODY ROLL

- 1-2**            With weight on left and right slightly in front of left, bump right hip up twice
- 3&4**            Step right foot back, step left next to right, touch right out to side
- 5&6**            Step right foot behind left, step left foot out to left side, step right foot out to right side (foot pointing right)
- 7-8**            Downward body roll back/left for two counts so weight ends up on left (facing right wall)

### KICK, CROSS, BACK, TOUCH, STEP; KICK, CROSS, BACK, STEP, ¼ TURN SLIDE

- 1&2**            Kick right foot front, step right across left, step back on left
- 3-4**            Touch right out to right side, step right next to left
- 5&6**            Kick left foot front, step left across right, step right ¼ turn to the right (facing back wall)
- 7-8**            Step left out to the left, sliding right in to touch just in front of left

**17-32**        Repeat first 16 counts (end up facing front)

### ROCK, RECOVER, TRIPLE STEP; FRONT, SIDE, BEHIND, SWEEP

- 1-2**            Rock right foot across left, recover back on left
- 3&4**            Step right foot out to right, step left next to right, step right foot out to right
- 5-6**            Step left across right, step right out to right side
- 7-8**            Step left behind right, begin sweeping right around to right side (finish on count 1 of next 8)

### END SWEEP, STEP, ROCK-BACK-SIDE, ROCK, RECOVER, STEP DRAG

- 1-2**            Finish sweeping right around from right side and step behind left, step left out to left
- 3&4**            Rock right in front of left, step back on left, step right to right side

- 5-6 Rock left in front of right, step back on right  
7-8 Step left to left side, drag right to touch next to left

### **BOX STEP; SCUFF, CROSS, TURN, HOLD**

- 1-2 Step right across left, step left back  
3-4 Step right out to right, step left next to right  
5-6 Scuff right heel, step ball of right across left  
7-8 Pivot  $\frac{1}{2}$  turn to the left (weight on right), hold

### **HIP BUMPS, KICK-BALL-CHANGE (CLAP), CHUG AND STEP WITH ARM STYLING\***

- 1-2 Weight on right, bump left hip up twice  
3&4 Kick left low to the front, step left next to right, step right next to left with a clap  
5-6 Keeping weight on right, push with left to make two quarter turns to the right  
7-8 Push with left to make one more  $\frac{1}{4}$  turn right, step left next to right facing front

**After clap, extend arms above head and gradually bring down to sides during turn**

### **PART B**

### **KICK-BACK-BACK, SKATE RIGHT, SKATE LEFT, TWIST UP, TWIST DOWN, UP**

- 1&2 Kick right low in front, step right back and slightly out, step left back and slightly out  
3-4 Sweep right foot in a "C" pattern (in then out) and step on it, repeat with left (backward "C")

**5-6(Weight on left) raise on toes with right heel swiveling in so foot points right, lower/straighten**

- 7-8 Raise back to neutral height with right side twist right again, hold

### **BUMP, BUMP, SAILOR STEP, ROCK, RECOVER, SWEEP, TOUCH**

- 1-2 Bump right hip up to the right side twice  
3&4 Step right behind left, step left next to right, step right out to right side  
5-6 Rock left in front of right, step back on right  
7-8 Sweep left foot from in front of right around to touch next to right heel

### **STEP, ROCK, RECOVER, CHA-CHA-STEP, ROCK, RECOVER (BASIC CHA SEQUENCE)**

- 1-3 Step left next to (or slightly behind) right, step right back, recover weight on left

4&5 Step right forward, step instep of left up to right heel, step right forward

6-8 Step left forward, step right back, hold (finish figure 8 with hips)

### **KICK-BALL-CROSS, STEP, DRAG/CLAP, HIP BUMPS WITH ARM SWEEPS**

1&2 Kick left foot front, step down on left, step right across left

3-4 Step left out to left side, clap while bringing right foot to touch next to left

5-8 Bump right hip up to side 4 times, sweeping arms from front/center around to sides

### **TAG 1**

#### **KICK-BALL-CROSS, TOUCH OUT, TOUCH IN; KICK-BALL-CROSS, TOUCH OUT, HOLD**

1&2 Kick right front, step down on right, step left over right

3-4 Touch right out to right side, touch right next to left

5&6 Kick right front, step down on right, step left over right

7-8 Touch right out to right side, hold

#### **KICK-BALL-CROSS, TOUCH OUT, TOUCH IN; KICK-BALL-CROSS, SWEEP, HOLD**

1&2 Kick right front, step down on right, step left over right

3-4 Touch right out to right side, touch right next to left

5&6 Kick right front, step down on right, step left over right

7-8 Sweep right foot from back around to front, keeping weight on left

### **TAG 2**

**Dance all of Tag 1 plus the following:**

#### **ROCK, RECOVER, TURNING TRIPLE, WALK, WALK, WALK, SWEEP**

1-2 Step right foot forward, step back on left

3&4 Make ½ turn to right stepping right-left-right

5-6 Step left forward, step right forward

7-8 Step left forward, sweep right foot around to make ½ turn left (don't take weight)

#### **WALK RIGHT, WALK LEFT, CHA-CHA-STEP, WALK HOLD, SWEEP TO TOUCH**

1-2 Step on right (ending sweep), step left forward

3&4 Step right forward, step left instep to right heel, step right forward

**5-6** Step left forward, hold

**7-8** Sweep right foot around, touch just next to/front of right

### **TAG 3**

**1-4** Weight on left, bump right hip up/side four times, bringing arms from down at side to overhead (like making angel wings)

#### **Variation for the 1st and 3rd Part B sections:**

**Lyrics say "Right in the middle of my broken heart. . ."**

**1-4** Same (kick-back-back, skate, skate)

**5-6** Extend right arm in front of and slightly crossing body, extend left arm over and crossing right

**&7-8** Keeping arms crossed, bring fists towards shoulders, hold for 2 counts