

# IN THE ZONE

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** Intermediate / Advanced

**Choreographer:** Joey Warren

**Music:** Me Against The Music by Britney Spears And Madonna

## STEP, STEP, HITCH, STEP CROSS, ¼ TURN, ROCK RECOVER, HITCH, ½ TURN, & STEP

- 1&2** Step out & back on right, step out & back on left, hitch right knee up (angle body to right)
- 3&4** Step down on right, step across with left, ¼ turn to left stepping right beside left (punch left arm out)
- 5&6** Rock back on left, recover on right, brush left leg forward and up in the air
- 7&8** Half turn to left while keeping left knee hitched, step down on left, place right heel out

## STEP CROSS, POINT TOE, KNEE POPS, SLIDE, HEEL FLICK, HIPS & FEET SWIVELS

- &1-2** Step down on right, cross over with left, point right toe to right side
- 3&4** Pop right knee in, pop right knee back out, and press right toe beside left (prep for slide)
- 5-6** Slide left foot out while pressing right down, flick right heel up to left calf with ¼ turn left
- 7&8** Swivel hips & feet out, in, out while making a ½ turn to left (hitch left knee up on 8)

## STEP LOCKS WITH SHOULDER MOVEMENTS, KICK & TOUCHES WITH ONE ½ TURN

- 1-2** Step left foot forward while lowering left shoulder, lock right behind left (lift left shoulder up)
- 3&4** Step left foot forward, lock right behind left, step left foot forward (same shoulder movement)
- 5&6** Kick right foot forward, bring right across left stepping on that right, point left toe back
- 7&8** Kick left foot back while making ½ turn to left, step left across right, point right toe back

## STEP, PADDLE TURNS, ¾ TURN, STEP, KNEE POP WITH ARM MOVEMENT, ½ TURN

- 1-2** Step right foot forward, point left toe out while making ¼ turn to right
- 3-4** Point left toe out while making ½ turn right, step forward on left
- 5&6** Step right foot forward, pop right knee up (extend both arms out bent at elbows), step on right
- 7-8** Step back on left while making ½ turn to left, kick right foot forward

## **WEAVE TO RIGHT, WEAVE TO LEFT**

- &1&2** Step right to right side, cross left over right, step right to right side, step left foot behind right
- &3&4** Step right to right side, cross left over right, step right to right side, point left heel out
- &5&6** Step left to left side, cross right over left, step left to left side, step right foot behind left
- &7&8** Step left to left side, cross right over left, step left to left side, point right heel out

## **STEP CROSS, BODY ROLL, STEP TOUCH, ¼ TURN WITH ARM MOVEMENT, TOUCH, STEP**

- &1-2** Step right to right side, body roll down bringing left foot. Over right, bring arms bent at elbows to chest
- 3-4** Step right out to right side, touch left next to right
- 5-6** Do ¼ turn to left while sweeping arms around in front of you, punch arms out to right side
- 7-8** Touch left toe behind and turn head to your right, step down on left (bring arms down)

## **OUT-OUT, IN-IN, OUT-OUT, IN, KICK & TOUCH, KICK & TOUCH, JUMP, KNEE POPS**

- &1&2** Step right out, step left out, step right in, step left in (travel back slightly when doing these)
- &3&4** Step right foot out, step left out, step right in, kick left foot forward
- &5&6** Step left foot back down, kick right foot out, touch right toe next to left, jump out with ¼ turn left

**Feet should be together after you jump. Punch both arms out to sides on count 6**

- 7-8** Pop left knee while pushing left shoulder up, pop right knee pushing right shoulder up (weight on left)

## **KICK BALL TOUCHES, ¾ TURN, LEFT COASTER STEP**

- 1&2** Kick right foot forward, step right foot back down, touch left toe to left side (angle these touches)
- 3&4** Kick left foot forward, step left foot back down, touch right toe to right side
- 5-6** Step right behind left foot, do a ¾ turn to the right ending with weight on right
- 7&8** Step left foot back, step right foot beside left, step right foot forward

**REPEAT**

**RESTART**

**On the 3rd time you face your back wall, do counts 1-16. But this time when you slide and flick your right foot, leave the weight on the left so you can do your ½ turn swivels and start over right after you turn with your right foot stepping back**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=49588](https://www.linedance.com/index.php?f=dance_view&id=49588)