

# In The Middle

**Count:** 32

**Wall:** 2

**Level:** Absolute Beginner

**Choreographer:** Maureen Jones (UK) & Michelle Jones (UK) - January 2008

**Music:** Stuck In the Middle - MIKA : (CD: Life In Cartoon Motion)



**ALTERNATIVE MUSIC:** 'One More Broken Hearted Man' by Redfern & Crooks (92/184 bpm) CD: Line Dance Hits From The Jukebox - Vol 1

(Please note this dance is danced on the fast beat for both tracks)

**Intro:** Both tracks 64 counts (fast beat)

## **TOUCH, HITCH, STEP, HOLD, TOUCH, HITCH, STEP, HOLD**

- 1-2 Touch right slightly forward, hitch right
- 3-4 Step right slightly forward, hold
- 5-6 Touch left slightly forward, hitch left
- 7-8 Step left slightly forward, hold

## **HEEL STRUTS, RUN, HOLD**

- 9-10 Step right heel forward, drop right toes
- 11-12 Step left heel forward, drop left toes
- 13-16 Run forward stepping right, left, right, hold

## **MAKE ½ TURN LEFT IN HEEL STRUTS**

- 17-24 Make ½ turn left in 4 heel struts stepping left, right, left, right

## **SIDE, CLAP, SIDE, CLAP, STOMPS, CLAP, HOLD**

- 25-26 Step left to left, clap hands to left
- 27-28 Step right to right, clap hands to right
- 29-30 Stomp left beside right, stomp right beside left

**(keep weight on left)**

- 31-32 Clap, hold

**Begin again.**

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