

STUCK IN THE MIDDLE

CHOREOGRAPHER PAULINE GREENWOOD (APRIL 2012)
SONG STUCK IN THE MIDDLE
ARTIST ADAM HARVEY / GUY SEBASTIAN
ALBUM BEST SO FAR
DESCRIPTION UPPER BEGINNER / EASY INTERMEDIATE LEVEL 3mins. 4 secs. 128 b.p.m.
48 COUNTS 2 WALLS 1 TAG Clockwise rotation
POSITION FEET TOGETHER, WEIGHT ON L FOOT.
DANCE STARTS ON THE WORD 'WELL' AFTER 8 COUNT INTRO.

BEATS	STEPS
1 -- 8	TOE STRUT. ROCKING CHAIR. SIDE. BEHIND
1 2 3 4	Touch R toe forward. Drop R heel. Step L forward. Rock weight back on R.
5 6 7 8	Step L back. Rock forward onto R. Step L to L side. Step R behind L.
9 -- 16	SIDE. TOGETHER. TOE STRUT. ROCKING CHAIR
1 2 3 4	Step L to L side. Step R beside L. Touch L toe forward. Drop L heel.
5 6 7 8	Step R forward. Rock weight back on L. Step R back. Rock weight forward onto L.
17 -- 24	TOUCH. FORWARD. TOUCH. FORWARD. REGGAE QUARTER
1 2 3 4	Touch R toe forward. Step R forward. Touch L toe forward. Step L forward.
5 6 7 8	Step R across L. Turn 1/4 R stepping L back. Step R to R side. Step L beside R. (3.00)
25 -- 32	MAMBO. TOUCH. L 45 FORWARD. DRAG. BACK, TOUCH
1 2 3 4	Step R forward. Rock weight back on L. Step R back. Touch L beside R.
5 6 7 8	Step L to L 45. Drag R behind L. Step R back. Touch L beside R, as you square up (3.00)
33 -- 40*	MAMBO. TOUCH. R 45 FORWARD. DRAG. BACK. TOUCH
1 2 3 4	Step L forward. Rock weight back on R. Step L back. Touch R beside L.
5 6 7 8	Step R to R 45. Drag L behind R. Step L back. Touch R beside L, as you square up (3.00)
41 -- 48	REGGAE QUARTER. GRAPE VINE
1 2 3 4	Step R across L. Turn 1/4 R stepping L back. Step R to R side. Step L beside R.
5 6 7 8	Step R to R side. Step L behind R. Step R to R side. Step L beside R. (6.00)
REPEAT	
TAG	At the end of wall 3 add an 8 count tag. (6.00)
1 8	MAMBO. TOUCH. MAMBO .TOUCH.
1 2 3 4	Step R forward. Rock weight back on L. Step R back. Touch L beside R.
5 6 7 8	Step L forward. Rock weight back on R. Step L back. Touch R beside L.
ENDING*	Dance to Count 40 Reggae 1/2 turn R to face the front.
1 2	Step R across L. Turn 1/4 R stepping L back.
3 4	Turn 1/4 R stepping R forward. Step L beside R.

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