



Script approved by

*Teresa and Vera*

# In The Middle



Teresa and Vera

| STEPS  | ACTUAL FOOTWORK  | CALLING SUGGESTION  | DIRECTION  |
|--|--|---|--|
| <b>Section 1</b><br>1 & 2<br>3 &<br>4<br>5 & 6<br>7 & 8                                      | <b>Kick &amp; Point, Twist Twist Kick, Coaster Step, Scuff Hitch Step.</b><br>Kick right forward. Step right beside left. Point left to left side.<br>Twist heels right. Twist heels left.<br>Twist heels right making 1/4 turn left kicking left forward.<br>Step left back. Step right beside left. Step left forward.<br>Scuff right forward. Hitch right knee. Step right forward.   | Kick & Point<br>Twist Twist<br>Turn<br>Coaster Step<br>Scuff Hitch Step | On the spot<br><br>Turning left<br>On the spot<br>Forward  |
| <b>Section 2</b><br>1 & 2<br>3 - 4<br>5<br>6<br>7 & 8  | <b>Tap, Tap, 1/4 Turn Left, Scuff, Side, Lunge, Kick, Behind, Side, Cross.</b><br>Tap left back. Tap left further back. Turn 1/4 left stepping left to left side.<br>Scuff right forward. Step right to right side.<br>Lunge to right side bending right knee keeping upper body straight.<br>Recover weight to left kicking right diagonally forward right.<br>Cross right behind left. Step left to left side. Cross right over left.  | Tap Tap Turn<br>Scuff Side<br>Lunge<br>Kick<br>Behind Side Cross        | Turning left<br>On the spot<br><br><br>Left                |
| <b>Section 3</b><br>1 &<br>2 &<br>3 - 4<br>5 - 6<br>7 & 8                                    | <b>Rock &amp; Kick Cross, Back Sway, Behind, Unwind Full Turn, Left Chasse.</b><br>Rock left to left side. Recover onto right.<br>Kick left forward. Cross left over right.<br>Rock diagonally back right on right swaying hips. Recover onto left swaying hips.<br>Touch right behind left. Unwind full turn right (weight ends on right).<br>Step left to left side. Close right beside left. Step left to left side.  | Rock &<br>Kick Cross<br>Back Sway<br>Behind Unwind<br>Side Close Side   | On the spot<br><br><br>Turning right<br>Left               |
| <b>Section 4</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8   | <b>Cross, Back, Right Chasse, Cross, 1/4 Turn Left, Left Chasse.</b><br>Cross right over left. Step left back.<br>Step right to right side. Close left beside right. Step right to right side.<br>Cross left over right. Make 1/4 turn left stepping right back.<br>Step left to left side. Close right beside left. Step left to left side.   | Cross Back<br>Side Close Side<br>Cross Turn<br>Side Close Side          | On the spot<br>Right<br>Turning left<br>Left               |
| <b>Section 5</b><br>1 - 2<br>3 & 4<br>5 - 6<br>7 & 8<br><b>Restart:-</b>                     | <b>Skates, Shuffle Diagonally Forward, Skates, Shuffle Diagonally Forward.</b><br>Skate right forward. Skate left forward.<br>Shuffle diagonally forward right stepping Right, Left, Right.<br>Skate left forward. Skate right forward.<br>Shuffle diagonally forward left stepping Left, Right, Left.<br>During 1st Wall, restart dance from beginning at this point.   | Skate Skate<br>Shuffle Step<br>Skate Skate<br>Shuffle Step              | Forward  |
| <b>Section 6</b><br>1 - 2<br>3 & 4<br><b>Option:-</b><br>& 5<br>6 - 7 & 8<br><b>Option:-</b> | <b>Rock Step, Triple 1/2 Turn, &amp; Step, Hip Bumps or Shoulder Rolls.</b><br>Rock right forward. Recover onto left.<br>Triple 1/2 turn right on the spot, stepping Right, Left, Right.<br>Counts 3 & 4 can be replaced with a Triple 1 1/2 turn right.<br>Step left forward. Step right beside left about shoulder width apart.<br>Bump hips right. Bump hips left, right, left.<br>Count 6: Roll weight right bringing right shoulder down and left shoulder up.<br>Counts 7 - 8: Roll weight left bringing left shoulder down & right shoulder up. | Rock Step<br>Triple Turn<br><br>& Step<br>Hip Bump & Bump               | On the spot<br>Turning right<br><br>Forward<br>On the spot |
| <b>Section 7</b><br>1 - 2<br>& 3 - 4<br>& 5 &<br>6 &<br>7 & 8                                | <b>Side, Behind, &amp; Heel Dig, Hold, &amp; Touch &amp; Heel Dig &amp; Cross Shuffle.</b><br>Step right to right side. Cross left behind right.<br>Step right diagonally back right. Dig left heel diagonally forward left. Hold.<br>Step left in place. Touch right beside left. Step right diagonally back right.<br>Dig left heel forward diagonally left. Step left in place.<br>Cross right over left. Step left to left side. Cross right over left.  | Side Behind<br>& Heel Hold<br>& Touch &<br>Heel &<br>Cross Shuffle      | Right<br><br><br>Left                                      |
| <b>Section 8</b><br>1 - 2<br>3 & 4<br>5 & 6<br>7 & 8   | <b>1/4 Turn Right x2, Forward Shuffle, Kick, Back, Back, Hold, Back, Back.</b><br>Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side.<br>Step left forward. Close right beside left. Step left forward.<br>Kick right forward. Step right back. Step left beside right.<br>Hold. Step right slightly back. Step left beside right.   | Turn Turn<br>Shuffle Step<br>Kick Back Back<br>Hold Back Back           | Turning right<br>Forward<br>Back                           |
| <b>Tag:-</b>   | <b>At End Of 4th Wall Facing Front:</b><br>Repeat last 16 counts of dance (Section 7 & 8), then begin again.   |   |  |

INTERMEDIATE

**4 Wall Line Dance:-** 64 Counts. Intermediate.

**Choreographed by:-** Teresa Lawrence & Vera Fisher (UK) March 2004.

**Choreographed to:-** 'In The Middle' (129 bpm) by Sugababes from 'Three' CD or on single, 32 count intro - start when they sing 'I'm Caught Up In The Middle' for the second time.

**Choreographers Note:-** There is a Restart during 1st Wall at the end of Section 5 and a Tag at the end of 4th Wall.

**Music Suggestion:-** 'Bury The Shovel' (102 bpm) by Clay Walker from 'Hypnotise The Moon', 32 count intro - start on main vocals.