

The Middle One

32 count, 4 wall, improver level

Choreographer: Helen Born & Nita Lindley

Choreographed to: The One In The Middle by Sarah Johns

RIGHT & LEFT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

1-2-3-4 STOMP RIGHT FOOT, LIFT LEFT FOOT AS YOU TWIST BALL OF RIGHT FOOT
(RIGHT TOES GO LEFT, RIGHT HEEL GOES RIGHT) STOMP LEFT FOOT,
LIFT RIGHT FOOT AS YOU TWIST BALL OF LEFT FOOT (LEFT TOES GO RIGHT, LEFT
HEEL GOES LEFT)

5&6-7-8 SIDE SHUFFLE RIGHT, LEFT, RIGHT ROCK BACK ON LEFT, RECOVER RIGHT

LEFT & RIGHT STOMPS, TWISTS, SIDE SHUFFLES, ROCK STEPS

1-2-3-4 STOMP LEFT FOOT, LIFT RIGHT FOOT AS YOU TWIST BALL OF LEFT FOOT
(LEFT TOES GO RIGHT, LEFT HEEL GOES LEFT) STOMP RIGHT FOOT, LIFT LEFT FOOT
AS YOU TWIST BALL OF RIGHT FOOT (RIGHT TOES GO LEFT, RIGHT HEEL GOES
RIGHT)

5&6-7-8 SIDE SHUFFLE LEFT, RIGHT LEFT, ROCK BACK ON RIGHT, RECOVER LEFT

FULL TURN, TOE STRUTS

1-2-3-4 STEP OUT RIGHT, PIVOT 1/2 TURN LEFT, STEP OUT RIGHT, PIVOT 1/2 TURN LEFT

5-6-7-8 RIGHT TOE, HEEL BACK, LEFT TOE, HEEL BACK

STEP RIGHT, LEFT TOGETHER, STEP RIGHT, HOLD, 1/4 TURN LEFT SAILOR STEP, HOLD

1-2-3-4 STEP RIGHT FOOT TO RIGHT, STEP LEFT BESIDE RIGHT, STEP RIGHT AND HOLD

5-6-7-8 TURNING 1/4 TURN LEFT STEP BACK LEFT, STEP RIGHT IN PLACE,
STEP FORWARD LEFT AND HOLD