



Lost In The Middle

32 Count, 2 Wall, Improver

Choreographer: Helen Parkyn (UK) Aug 2018

Choreographed to: Lost In The Middle by Catherine McGrath

Count in - 16 counts from very start of her singing.

Section 1 **RIGHT WEAVE (facing front), DIAGONAL SHUFFLE, MAMBO ROCK 1/2 TURN, DIAGONAL SHUFFLE**

1&2& step right to side, cross left behind, step right to side, step left across front of right
3&4 towards right corner step forward right, close left beside, step forward right
5&6 rock forward left (towards right corner), recover back on right,
turn 1/2 left stepping forward left
7&8 step forward right, close left beside, step forward right

Section 2 **LEFT WEAVE (facing back), DIAGONAL SHUFFLE, MAMBO ROCK 1/2 TURN, DIAGONAL SHUFFLE**

1&2& step left to side, cross right behind, step left to side, step right across front of left
3&4 towards left corner step forward left, close right beside, step forward left
5&6 rock forward right (towards left corner), recover back on left,
turn 1/2 right stepping forward right
7&8 step forward left, close right beside, step forward left

Section 3 **VAUDEVILLE RIGHT AND LEFT**

1&2& cross right over front of left, step left to side, touch right heel forward to right diagonal,
bring right foot back beside left
3&4& cross left over front of right, step right to side, touch left heel forward to left diagonal,
bring left back beside right

Section 4 **HEEL & TOES SWITCHES WITH 1/4 TURN LEFT**

1&2& touch right heel forward, close right beside left, touch left toe backwards with 1/4 turn left,
close left beside right
3&4& touch right toe backwards, close beside left, touch left heel forward, close left beside right

Section 5 **VAUDEVILLE RIGHT AND LEFT**

1&2& cross right over front of left, step left to side, touch right heel forward to right diagonal,
bring right foot back beside left
3&4& cross left over front of right, step right to side, touch left heel forward to left diagonal,
bring left foot back beside right

Section 6 **HEEL & TOES SWITCHES WITH 1/4 TURN LEFT**

1&2& touch right heel forward, close right beside left, touch left toe backwards with 1/4 turn left,
close left beside right
3&4& touch right toe backwards, close beside left, touch left heel forward, close left beside right.

Start again and have fun