

# Stuck In The Middle

Counts: 32, Walls: 2, Level: Improver/Easy Intermediate

Choreographer: **Julia Wetzel** – August 2022

Music: Stuck In The Middle by O.N.E The Duo, Length: 2:49, BPM: 95

Intro: 16 counts (10 sec. into track)

Dedication: Choreographed for the Ballerup Linedance Festival 2022

Note: Keep your steps light and bouncy in general



Counts	Footwork	Facing
<b>1 - 8</b>	<b>Cross Rock, Side, Cross Rock, ¼ L, Shuffle, Mambo ¼ L</b>	
1&2	Cross rock R over L (1), Recover L (&), Step R to right side (2)	12:00
3&4	Cross rock L over R (3), Recover R (&), ¼ Turn left step L fw (4)	9:00
5&6	Step R fw (5), Step L next to R (&), Step R fw (6)	9:00
7&8	Rock L fw (7), Recover R (&), ¼ Turn left step L to left side (8)	6:00
<b>9 - 16</b>	<b>Fw Rock, Side Rock, Sailor, Slow Sailor, Toe, Heel Stomp</b>	
1&2&	Rock R fw (1), Recover L (&), Rock R to right side (2), Recover L (&)	6:00
3&4	Step R behind L (3), Step L to left side (&), Step R to right side (4)	6:00
5, 6	Step L behind R bending knees slightly (5), Step R to right side (6)	6:00
7&8	Step L to left side (7), Swivel both toes in (&), Swivel both heels in to neutral position before stomping both heels weight ends on L (8)	6:00
	*Restart here on Wall 6 facing 12:00	
<b>17- 24</b>	<b>Mambo, Back, ¼ R, Cross, Hop &amp; Bounce, Hop &amp; Bounce</b>	
1&2	Rock R fw (1), Recover L (&), Step R back (2)	6:00
3&4	Step L back (3), ¼ Turn right step R to right side (&), Cross L over R (4)	9:00
&5&6	Hop R to right side (&), Step ball of L next to R bend both knees slightly (5), Lightly bounce up and down weight ends on R (&6) Bounce Styling: Lift and drop L hip as you bounce up and down (&6)	9:00
&7&8	Hop L to left side (&), Step ball of R next to L bend both knees slightly (7), Lightly bounce up and down weight ends on L (&8) Bounce Styling: Lift and drop R hip as you bounce up and down (&8)	9:00
<b>25 - 32</b>	<b>Cross, ¼ R Back, Side, Cross Shuffle, ½ L, Wriggle 2x</b>	
1, 2&	Cross R over L (1), ¼ Turn R step L back (2), Step R to right side (&)	12:00
3&4	Cross L over R (3), Step R to right side (&), Cross L over R (4)	12:00
5, 6	¼ Turn left step R back (5), ¼ Turn left step L to left side (6)	6:00
7, 8	Step R together with L then bend knees slightly and roll hip with shoulders counterclockwise (7), Repeat hip-shoulder roll weight ends on L (8) Knee Pop Option: Step R together with L and pop L knee (7), Place weight on L and pop R knee (8)	6:00
<b>Tag</b>	At the end of Wall 2, do the following 8 counts then start Wall 3 facing 12:00	
1&2	Cross rock R over L (1), Recover L (&), Step R to right side (2)	12:00
3&4	Cross rock L over R (3), Recover R (&), Step L to left side (4)	12:00
5 - 8	Cross R over L (5), Step L back (6), Step R to right side (7), Stomp L next to R (8)	12:00
<b>Restart</b>	On Wall 6, dance up to Count 16 (heel stomp) then start Wall 7 facing 12:00	
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