

# CAUGHT IN THE MIDDLE

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Michael Vera-Lobos & Jennifer Hughes

**Music:** Caught In The Middle by A1

## FORWARD COASTER, BACK COASTER, STEP FORWARD, ½ PIVOT, ½ SHUFFLE

- 1&2** Step forward right & step left beside right, step back on right
- 3&4** Step back on left & step right beside left, step forward on left
- 5-6-7&8** Step forward right, pivot ½ turn left, turning ½ turn left shuffle right, left, right

## LEFT SAILOR, RIGHT SAILOR, BEHIND, SIDE, CROSS SHUFFLE

- 1&2-3&4** Step left behind right & step right to side, step left to left side, step right behind left & step left to side, step right to right side
- 5-6-7&8** Step left behind right, step right to right side, cross shuffle to right stepping left, right, left (12:00)

## SYNCPATED ¼ TURN MONTEREY, BEHIND, SIDE, CROSS, TWICE

- 1&2** Touch right toe to right side & turn ¼ turn right stepping right beside left, touch left toe to left side
- 3&4** Step left behind right & step right to right side, cross step left over right
- 5&6** Touch right toe to right side & turn ¼ turn right stepping right beside left, touch left toe to left side
- 7&8** Step left behind right & step right to right side, cross step left over right (6:00)

## RIGHT SIDE SHUFFLE, STEP, HEEL TWISTS, LEFT SIDE SHUFFLE, STEP, HEEL TWISTS

- 1&2-3&4** Shuffle to right side stepping right, left, right, step forward on left & twist heels ¼ left, twist heels ¼ right
- 5&6-7&8** Shuffle to left side stepping left, right, left, step forward on right & twist heels ¼ right, twist heels ¼ left (6:00)

## ROCK BACK, ROCK FORWARD, ½ SHUFFLE, BACK COASTER, SHUFFLE FORWARD

- 1-2-3&4** Rock/step back on right, rock/step forward left, turning ½ turn left shuffle right, left, right
- 5&6-7&8** Step back on left & step right beside left, step forward on left, shuffle forward right, left, right (12:00)

## **CROSS SAMBA, CROSS SAMBA, CROSS, $\frac{1}{4}$ , $\frac{1}{4}$ , FULL TURN FORWARD**

- 1&2** Cross step left over right & step right to right side, step left to left side
- 3&4** Cross step right over left & step left to left side, step right to right side
- 5&6** Cross left over right & turn  $\frac{1}{4}$  turn left step back on right, turn  $\frac{1}{4}$  turn left step left to left side
- 7-8** Turning  $\frac{1}{2}$  turn left step back on right, turning  $\frac{1}{2}$  turn left step forward on left (6:00)

## **SIDE ROCK, RIGHT SAILOR, LEFT SAILOR $\frac{1}{4}$ , SYNCOPATED PIVOT**

- 1-2-3&4** Side rock right, replace weight on left, step right behind left & step left to side, step right to side
- 5&6-7&8** Step left behind right & step right to side, turn  $\frac{1}{4}$  turn left step on left, step forward right & pivot  $\frac{1}{2}$  turn left, step forward right (9:00)

## **SIDE ROCK, LEFT SAILOR, RIGHT SAILOR $\frac{1}{4}$ , SYNCOPATED PIVOT**

- 1-2-3&4** Side rock left, replace weight on right, step left behind right & step right to side, step left to side
- 5&6-7&8** Step right behind left & step left to side, turn  $\frac{1}{4}$  turn right step on right, step forward left & pivot  $\frac{1}{2}$  turn right, step forward left (6:00)

## **REPEAT**