



# Caught In The Middle

(August 2020)

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**Information:** 32 Counts, 4 wall, Intermediate NC2S.  
**Choreographers:** Adam Åstmar (SE), Malene Jakobsen (DK).  
**Music:** "The Middle - Acoustic" by Joe Dolman (2:52) ~ 71 bpm.  
**Intro:** No intro! Start to dance by prepping upper body slightly to the right, then make the full turn to the left on count 2.  
**Important info:** Restart occurs on wall 5 after section 2, facing 3'00.

Section	Steps & Explanations	End Facing
<b>1</b>	<b>Side Rock. ¼ Recover. Full Turn With Sweep. Weave With Sweep. Behind-Side-Cross. ¼ L. ¼ L With Sway.</b>	
1 – 2 &	(1) Rock to the right on RF, prepping upper body slightly to the right. (2) Turn ¼ to the left, recovering on LF. (&) Turn ½ to the left, stepping back on RF.	3'00
3 – 4 &	(3) Turn ½ to the left, stepping forward on LF, sweeping RF from back to front. (4) Cross RF over LF. (&) Step to the left on LF.	9'00
5 – 6 &	(5) Step back on RF, sweeping LF from front to back. (6) Step LF behind RF. (&) Step to the right on RF.	9'00
7 & 8	(7) Cross LF over RF. (&) Turn ¼ to the left, stepping back on RF. (8) Turn ¼ to the left, stepping to the side on LF and sway your body to the left.	3'00
<b>2</b>	<b>Sway Right. Diamond 3/8 Turning L. 1/8 Cross. ¼ L x2. Cross Rock.</b>	
1 – 2 &	(1) Sway to the right. (2) Cross LF over RF. (&) Step to the right on RF.	3'00
3 – 4 &	(3) Turn 1/8 to the left, stepping back on LF. (4) Step back on RF. (&) Turn 1/8 to the left, stepping to the left on LF.	12'00
5 – 6 &	(5) Turn 1/8 to the left, stepping forward on RF. (6) Turn 1/8 to the left, crossing LF over RF. (&) Turn ¼ to the left, stepping back on RF.	6'00
7 – 8 &	(7) Turn ¼ to the left, stepping to the left on LF. (8) Cross rock RF over LF. (&) Recover on LF.	3'00
<b>Note!</b>	<b>- Restart Occurs here at wall 5 -</b>	
<b>3</b>	<b>Arabesque With Arm Raise. Collapse Cross Rock. Side Sway L. Sway R, L. Nightclub Basic Right. ¼ L With Sweep. Point Forward. Point Right.</b>	
1 – 2 &	(1) Step to the right on RF as you raise L leg to the left, stretching your R hand diagonally up in the air and L hand slightly out to the left. (2) Collapse body as you cross rock LF over RF. (&) Return body to normal position as you recover on RF.	3'00
3 – 4 &	(3) Step to the left on LF, swaying to the left. (4) Sway R. (&) Sway L.	3'00
5 – 6 &	(5) Step to the right on RF. (6) Step LF slightly behind RF. (&) Cross RF over LF.	3'00
7 – 8 &	(7) Turn ¼ left, stepping forward on LF, sweeping RF from back to front. (8) Point forward with RF. (&) Point to the right with RF.	12'00
<b>4</b>	<b>Hitch. Cross. ½ Unwind With Sweep. Behind. ¼ R. Step ½ Turn With Sweep. Cross. Side. Behind.</b>	
1 – 2	(1) Hitch R knee across LF. (2) Cross RF over LF.	12'00
3 – 4 &	(3) Unwind ½ to the left, placing weight on RF, sweeping LF from front to back. (4) Step LF behind RF. (&) Turn ¼ right, stepping forward on RF.	9'00
5 – 6	(5) Step forward on LF. (6) Turn ½ right, placing weight on RF, sweeping LF from back to front.	3'00
7 – 8 &	(7) Cross LF over RF. (8) Step to the right on RF. (&) Step LF behind RF.	3'00

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.