

## In the Middle

Music: Right in the Middle of My Broken Heart, Barry Amato

Description: Advanced A/B/Tag, one wall dance

Choreographer: Lou Ecken, May 2001 [www.sunspiritdance.homestead.com/home.html](http://www.sunspiritdance.homestead.com/home.html)

Sequence: A - B - B - Tag 1      A - B - B - Tag 2      B - Tag 3 - A

### Part A (64 counts)

#### Hip Bumps, Coaster Touch, Sailor Step, Body Roll

1-2 With weight on L and R slightly in front of L, bump R hip up twice

3&4 Step R foot back, step L next to R, touch R out to side

5&6 Step R foot behind L, step L foot out to L side, step R foot out to R side (foot pointing R)

7-8 Downward body roll back/left for two counts so weight ends up on L (facing R wall)

#### Kick - cross - back, touch, step; Kick - cross - back, step, ¼ turn slide

1&2 Kick R foot front, step R across L, step back on L

3-4 Touch R out to R side, step R next to L

5&6 Kick L foot front, step L across R, step R ¼ turn to the R (facing back wall)

7-8 Step L out to the L, sliding R in to touch just in front of L

17-32 Repeat first 16 counts (end up facing front)

#### Rock, recover, triple step; front, side, behind, sweep

1-2 Rock R foot across L, recover back on L

3&4 Step R foot out to R, step L next to R, step R foot out to R

5-6 Step L across R, step R out to R side

7-8 Step L behind R, begin sweeping R around to R side (finish on count 1 of next 8)

#### End sweep, step, Rock-back-side, rock, recover, step drag

1-2 Finish sweeping R around from R side and step behind L, step L out to L

3&4 Rock R in front of L, step back on L, step R to R side

5-6 Rock L in front of R, step back on R

7-8 Step L to L side, drag R to touch next to L

#### Box step; scuff, cross, turn, hold

1-2 Step R across L, step L back

3-4 Step R out to R, Step L next to R

5-6 Scuff R heel, step ball of R across L

7-8 Pivot ½ turn to the L (weight on R), hold

#### Hip bumps, kick-ball-change (clap), chug and step with arm styling\*

1-2 Weight on R, bump left hip up twice

3&4 Kick L low to the front, step L next to R, step R next to L with a clap

5-6 Keeping weight on R, push with L to make two quarter turns to the R

7-8 Push with L to make one more ¼ turn R, step L next to R facing front

\*After clap, extend arms above head and gradually bring down to sides during turn

### Part B

#### Kick-back-back, skate R, skate L, Twist up, twist down, Up

1&2 Kick R low in front, step R back and slightly out, step L back and slightly out

3-4 Sweep R foot in a "C" pattern (in then out) and step on it, Repeat with L (backward "C")

5-6 (Wt on L) Raise on toes with R heel swiveling in so foot points R, lower/straighten

7-8 Raise back to neutral height with R side twist R again, hold

#### Bump, bump, sailor step, rock, recover, sweep, touch

1-2 Bump R hip up to the R side twice

3&4 Step R behind L, step L next to R, step R out to R side

5-6 Rock L in front of R, step back on R

7-8 Sweep L foot from in front of R around to touch next to R heel

#### Step, rock, recover, cha-cha-step, rock, recover (basic cha sequence)

1-3 Step L next to (or slightly behind) R, step R back, recover weight on L

4&5 Step R forward, step instep of L up to R heel, step R forward

6-8 Step L forward, step R back, hold (finish figure 8 with hips)

#### Kick-ball-cross, step, drag/clap, hip bumps with arm sweeps

1&2 Kick L foot front, step down on L, step R across L

3-4 Step L out to L side, clap while bringing R foot to touch next to L

5-8 Bump R hip up to side 4 times, sweeping arms from front/center around to sides

#### Tag 1 (16 counts)

##### Kick-ball-cross, touch out, touch in; Kick-ball-cross, touch out, hold

1&2 Kick R front, step down on R, step L over R

3-4 Touch R out to R side, touch R next to L

5&6 Kick R front, step down on R, step L over R

7-8 Touch R out to R side, hold

##### Kick-ball-cross, touch out, touch in; Kick-ball-cross, sweep, hold

1&2 Kick R front, step down on R, step L over R

3-4 Touch R out to R side, touch R next to L

5&6 Kick R front, step down on R, step L over R

7-8 Sweep R foot from back around to front, keeping weight on L

#### Tag 2 (32 counts) = Tag 1 + the following:

##### Rock, recover, turning triple, walk, walk, walk, sweep

1-2 Step R foot forward, step back on L

3&4 Make ½ turn to R stepping R-L-R

5-6 Step L forward, step R forward

7-8 Step L forward, sweep R foot around to make ½ turn L (don't take weight)

#### Walk R, walk L, cha-cha-step, walk hold, sweep to touch

1-2 Step on R (ending sweep), step L forward

3&4 Step R forward, step L instep to R heel, step R forward

5-6 Step L forward, hold

7-8 Sweep R foot around, touch just next to/front of R

#### Tag 3 (4 counts)

1-4 Weight on L, bump R hip up/side four times, bringing arms from down at side to overhead (like making angel wings)

#### Variation for the 1st and 3rd B sections:

##### Lyrics say "Right in the middle of my broken heart. . ."

1-4 same (Kick-back-back, skate, skate)

5-6 Extend R arm in front of and slightly crossing body, extend L arm over and crossing R

&7,8 Keeping arms crossed, bring fists towards shoulders, hold on 7 and 8