

Caught in the Middle

Song: Strong by London Grammar. CD: If You Wait (available on iTunes) 4:36 (75 BPM)

Choreographed by: Roxanne Moates, Australia, October 2015, allstarroxie@hotmail.com

Step Description: 32 Counts, 4 Wall, Intermediate Line Dance

Weight on Left, Start 32 counts in on vocals (43 seconds) V1, Turning CCW

Counts	Steps
1-8&	Step Drag, Step Pivot Step, Coaster Step, Behind Side, Cross Shuffle, Together
1	Step forward Right dragging Left towards Right
2&3	Step Left forward, Pivot 1/2 turn Right, Step Left forward dragging Right towards Left
4&	Step Right forward, Step Left beside Right
5	Step back on Right sweeping Left out/around
6&	Cross Left behind Right, Step side on Right
7&8&	Cross Left over Right, Side Right, Cross Left over Right, Step Right together
1-8&	Side Behind 1/4, Step Turn Step, Full Turn, 1/4 Side, Rock Recover
1	Step Side on Left dragging Right towards Left
2&	Cross Right behind Left, Turning 1/4 Left Step forward on Left
3-4	Step forward on Right, Make 1/2 turn Left keeping weight on Right
5	Step forward on Left
6&	Make 1/2 turn Left stepping back on Right, Make 1/2 turn Left stepping forward on Left
7	Make 1/4 turn Left stepping Right to the side
8&	Rock Left behind Right, Recover forward on Right
1-8&	Side Rock Tog, Cross Side Behind Side, Rock Recover, Back 1/2, Step Together
1-2&	Rock Left to side, Recover side on Right, Step Left beside Right
3&4&	Cross Right over Left, Step Left to side, Cross Right behind Left, Step side on Left
5	Rock forward on Right pushing Right shoulder forward
6	Recover back on Left pulling Right shoulder back
7&	Step back on Right, Make 1/2 turn Left stepping forward on Left
8&	Step forward on Right, Step Left beside Right
1-8&	Rock Recover, Sweep Back, Sweep Back, Sweep Back Recover 1/4 Turn, Back Recover Together
1-2	Rock forward on Right, Recover back on Left sweep Right around
3-4	Step back on Right sweep Left around, Step back on Left sweep Right around
5-6&	Rock back on Right, Recover forward on Left, Make 1/4 Left Step Right beside Left
7-8&	Rock back on Left, Recover forward on Right, Step Left beside Right