



BroncoBeat

# ***CAUGHT IN THE MIDDLE***

Choreographed by: Michael Vera-Lobos & Jennifer Hughes (Jan 2006)

Music: Caught In The Middle by A1/A1

Descriptions: 64 Count - 2 wall line dance - Beginner/Intermediate level

**CD 2097-9**

DANCE STARTS: 32 COUNT INTRO (DANCE STARTS JUST BEFORE VOCALS)

## **1-8 FWD COASTER, BACK COASTER, STEP FWD, 1/2 PIVOT, 1/2 SHUFFLE**

1&2 Step fwd R & Step L beside R, Step back on R,  
3&4 Step back on L & Step R beside L, Step fwd on L  
5,6,7&8 Step fwd R, Pivot 180 deg L, Turning 180°L Shuffle R,L,R

## **9-16 L SAILOR, R SAILOR, BEHIND, SIDE, CROSS SHUFFLE**

1 & 2,3&4 Step L behind R & Step R to side, Step L to L side, Step R behind L & Step L to side,  
Step R to R side  
5,6,7&8 Step L behind R, Step R to R side, Cross Shuffle to R stepping L,R,L (12:00)

## **17-24 SYNCOPATED 1/4 TURN MONTERAY, BEHIND, SIDE, CROSS, X 2**

1&2 Touch R toe to R side & Turn 90 deg R Stepping R beside L, Touch L toe to L side  
3&4 Step L behind R & Step R to R Side, Cross Step L over R  
5&6 Touch R toe to R side & Turn 90 deg R Stepping R beside L, Touch L toe to L side  
7&8 Step L behind R & Step R to R Side, Cross Step L over R (6:00)

## **25-32 R SIDE SHUFFLE, STEP, HEEL TWISTS, L SIDE SHUFFLE, STEP, HEEL TWISTS**

1&2,3&4 Shuffle to R side stepping R,L,R, Step fwd on L & Twist heels 1/4 L, Twist heels 1/4 R  
  
5&6,7&8 Shuffle to L side stepping L, R, L, Step fwd on R & Twist heels 1/4 R, Twist heels 1/4 L (6:00)

## **33-40 ROCK BACK, ROCK FWD, 1/2 SHUFFLE, BACK COASTER, SHUFFLE FWD**

1,2,3&4 Rock/Step back on R, Rock/Step fwd L, Turning 180°L Shuffle R,L,R  
5&6,7&8 Step back on L & Step R beside L, Step fwd on L, Shuffle fwd R,L,R (12:00)

## **41-48 CROSS SAMBA, CROSS SAMBA, CROSS, 1/4, 1/4, FULL TURN FWD**

1&2 Cross Step L over R & Step R to R Side, Step L to L Side  
3&4 Cross Step R over L & Step L to L Side, Step R to R Side  
5&6 Cross L over R & Turn 90 deg L Step back on R, Turn 90 deg L Step L to L Side  
7,8 Turning 180 deg L Step back on R, Turning 180 deg L Step fwd on L (6:00)

## **49-56 SIDE ROCK, R SAILOR, L SAILOR 1/4, SYNCOPATED PIVOT**

1,2,3&4 Side rock R, Replace weight on L, Step R behind L & Step L to side, Step R to side  
5&6,7&8 Step L behind R & Step R to side, Turn 90 deg L Step on L, Step fwd R & Pivot 180 deg L, Step fwd R (9:00)

## **57-64 SIDE ROCK, L SAILOR, R SAILOR 1/4, SYNCOPATED PIVOT**

1,2,3&4 Side rock L, Replace weight on R, Step L behind R & Step R to side, Step L to side  
5&6,7&8 Step R behind L & Step L to side, Turn 90 deg R Step on R, Step fwd L & Pivot 180 deg R, Step fwd L (6:00)

**END OF SEQUENCE - START DANCE FACING BACK WALL**