



STUCK IN

THE MIDDLE

Choreographers:	Release date: October 2008 Revisited Feb 2016
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	Music: CD Life in Cartoon Motion, Mika, Track 10 or download sites.
	Time & Speed: Cut at 3:22, faded out from 3:12, speed unchanged
	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
	Sequence: Intro – AB – Inter – AB*C – B* - C(1-7) - Ending

INTRODUCTION

1	Wait;	BFLY WALL wt 1 meas;
2	½ Basic Cha;	Fwd L, rec R, sd L/cl R, sd L;
3	Hop New Yorker 4;	Hop sltly on L/thru R to OP, rec L to fc, sd R, rec L; [<i>Hop: the foot does not have to clearly leave the floor; lift bdy wgt just enough to allow the foot to slide fwd a couple of inches in skipping action</i>]
4	Hop Thru Vine 4;	Hop sltly on L/ thru R to OP, sd L to fc, XRib (<i>W XLib</i>) to LOP, sd L to fc ptr;
5	Whip in 4;	Bk R trng ¼ LF, rec L trng ¼ LF, sd R, sd L (<i>W fwd L reachg if of M startg LF trn, fwd & sd R contg LF trn to fc M, sd L, sd R</i>) to LOP-FCG COH;
6	Hop Thru Vine 4;	Hop sltly on L/ thru R to OP RLOD, sd L to fc, XRib (<i>W XLib</i>) to LOP LOD, sd L to fc ptr;
7	Hop New Yorker 4;	Hop sltly on L/thru R to OP RLOD, rec L to fc, sd R, rec L;
8	Whip;	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R (<i>W fwd L reachg if of M startg LF trn, fwd & sd R contg LF trn to fc M, sd L/cl R, sd L</i>) to LOP-FCG WALL

PART A

1 – 2	Challenge Chase ½ ;;	Relg hnds fwd L trng ½ RF, fwd R, trng RF 1 ½ L/R, L to fc WALL (<i>W bk R, rec L, fwd R/lk Lib, fwd R</i>) ; bk R, rec L, fwd R/lk Lib, fwd R (<i>W fwd L trng ½ RF, fwd R, trng RF 1 ½ L/R, L to fc COH</i>) & jn ld hnds ;
3 – 4	Advanced Alemana;;	Fwd L, rec R, sd L/cl R, trng 1/8 RF sd L (<i>W bk R, rec L fwd R/lk Lib, fwd R trng 3/8 RF</i>); raisg jnd ld hnds XRib trng RF, sd L contg RF trn to fc COH, sd R/cl L/sd R (<i>W trng RF undr jnd ld hnds fwd L, fwd R cont trn, contg RF trn to fc ptr fwd L/cl R, sd L</i>) to LOP-FCG COH ;
5 – 6	Advanced Hockey Stick;;	Fwd L, rec R trng ¼ RF, sd L/cl R, sd L (<i>W bk R, rec L, fwd R/lk Lib, fwd R</i>); cont trng RF bk R raisg ld hnds to form window, rec L contg RF trn, fwd R/lk Lib, fwd R (<i>W fwd L, fwd R & spiral LF to fc M, bk L/lk Rib, bk L</i>) to LOP-FCG DRW;
7 – 8	½ Basic to Diagonal Back Triple cha;;	Fwd L, rec R, chg hnds to R Hnd Star & travlg bk twds DLC bk L/lk Rif, bk L; chg hnds to L Hnd Star bk R/lk Lif, bk R, chg hnds to R Hnd Star bk L/lk Rif, bk L;
9 - 10	Aida with Diagonal Back Triple Cha;;	Thru R, trng RF to LOP DRC sd L, trvlg bk twds DLW w/ slt trn away from ptr bk R/lk Lif, bk R; w/ slt trn twd ptr bk L/lk Rif, bk L, trng sltly away from ptr bk R/lk Lif, bk R to slt V-BK-TO-BK;
11	Switch Rock;	Sd & bk L to fc ptr, rec R, sd L/rec R, sd L;
12	Spot Turn to fc NO HNDS;	XRif trng LF, rec L contg LF trn, sd R/cl L, sd R to fc ptr & WALL hnds at sd; [<i>travlg angle now straightened</i>]

PART B (whole part w/ no hnds)

1	Merengue Basic;	Sd L, cl R, sd L, cl R; [Start each sd step w/ insd edge of ft]
2	Glide;	Sd L/cl R, sd L/cl R, sd L, draw R & cl R;
3	Vine 2 Face to Face;	Sd L, XRib (<i>W XLib</i>), sd L/cl R, sd L trng 3/8 LF;
4	Vine 2 Back to Back;	Sd R, XLib (<i>W XRib</i>), sd R/cl L, sd R trng 3/8 RF;
5	Merengue Basic;	Rpt meas 1 – 4 Part B;;;;
6	Glide;	
7	Vine 2 Face to Face;	
8	1 st time: Vine 2 Back to Back;	
8*	2 nd & 3 rd time Vine 2 Lady transitions to fc LOD;	Sd R, XLib, sd R/cl L, sd R trng 1/8 RF (<i>W sd L, XRib, sd L, fwd R</i>) to SD-BY-SD LOD both with L ft free;

INTERLUDE

1	½ Basic Cha;	Rpt meas 2 – 4 Intro;;;;
2	Hop New Yorker 4;	
3	Hop Thru Vine 4;	
4	Hop Spot Turn;	Hop sltly on L ft/XRif trng LF, rec L contg LF trn, sd R/cl L, sd R to LOP-FCG WALL;

PART C (same footwork meas 1-4)

1	Rk Fwd Rec Ronde Chasse;	Fwd L, rec R, ronde L sd & bk XLib/sm sd R, sd L ;
2	Rk Bk Rec Hip Twist Chasse;	Bk R, rec L, XRif trng hips LF/cl L trng hips RF, sd R;
3	Rk Fwd Rec Ronde Chasse;	Rpt meas 1 – 2 Part C;;;
4	Rk Bk Rec Hip Twist Chasse;	
5	Walk Man 4 Lady Cha;	Fwd L, R, L, R (<i>W fwd L, R, fwd L/lk Rib, fwd L</i>);
6	Traveling Door;	Trng to BFLY WALL rk sd L, rec R, XLif (<i>W XRif</i>)/sd R, XLif (<i>W XRif</i>);
7	Cucaracha R;	Sd R w/ partial wgt, rec L, cl R/sip L, sip R;
8	Riff Turn;	Relg trl hnds & raisg jnd ld hnds sd L, cl R, sd L, cl R (<i>W sd & fwd R spin RF, cl L compg full trn undr ld hnds, sd & fwd R com RF spin, cl L compg 2nd full spin undr ld hnds</i>) to LOP-FCG WALL;
9 - 10	Curl to Fan;;;	Fwd L, rec R, sm bk L/cl R raise ld hnd, in plc L ld W to swvl LF undr jnd hnds (<i>W bk R, rec L, fwd R/cl L, fwd R spiral 1/2 LF undr jnd ld hnds</i>)& bring hnds down in frt of W’s waist to mod WRP DLW; bk R, rec L, XRif/rec L, sd R (<i>W fwd L com LF trn, sd R contg LF trn, bk L/lk Rif, bk L</i>) to FAN pos WALL;
11 - 12	Alemana to Face NO HNDS;;;	Fwd L, rec R, sm sd L/cl R, sd L (<i>W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fc M</i>); raisg jnd ld hnds XRib, rec L, sd R/cl L, sd R (<i>W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF, fwd & sd L/cl R, sd L</i>) to fc NO HNDS;

ENDING

1	Apart Point;	Apt L, -, pt R twd ptr, -;
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A self-taught piano virtuoso, gymnastic vocalist and born entertainer, Mika has music in his bones. His four-octave voice needs to be heard to be believed. He was born in Beirut in the mid Eighties, and his family moved to Paris at the height of Lebanon’s brutal civil war. His father was subsequently taken hostage and held at the American embassy in Kuwait, and the family eventually settled in London. Mika, traumatized by these wrenching events lost the ability to read and write and even talk for a while. He says “I was pulled out of school for over six months in order to sort myself out. This is when music really became important. It got me back on my feet.” By the time he was nine, Mika knew that song writing was what he wanted to do. After high school he attended the Royal College of Music and also received training from a Russian opera professional. “After I started singing, I started to get jobs everywhere,” he says. “I did everything from recordings with the Royal Opera House to a chewing gum jingle. One reason I got so much work was that I was insanely cheap.”

Mika’s songs all have a distinctive touch – they are simultaneously theatrical and intimate, accessible and gleefully subversive. On this same CD: “Grace Kelly”, “Big Girl You are Beautiful”, “Relax Take it Easy”, “Lollipop”, “Love Today”, “Billy Brown” and more.

STUCK IN THE MIDDLE – WOODRUFF – CH/MR V+2+1 – 3:22 – MIKA

INTRO (CH) (8 meas)

BFLY WALL wait 1 ; ½ Basic Cha ; Hop New Yorker 4 ; Hop Thru Vine 4 ;
Whip in 4 ; Hop Thru Vine 4 ; Hop New Yorker 4 ; Whip ;

PART A (CH) (12 meas)

Challenge Chase ½ ;; **Advanced Alemana** ;;
Advanced Hockey Stick ;; ½ Basic to Diagonal Bk Triple Cha ;;
Aida to Diagonal Bk Triple Cha ;; Switch Rock ; Spot Turn to Fc No Hands ;

PART B (MR/CH) (8 meas)

[No hands thruout] Merengue Basic ; Glide ; Vine 2 Fc to Fc ; Vine 2 Bk to Bk ;
Merengue Basic ; Glide ; Vine 2 Fc to Fc ; Vine 2 Bk to Bk ;

INTERLUDE (CH) (4 meas)

½ Basic Cha ; Hop New Yorker 4 ; Hop Thru Vine 4 ; Hop Spot Turn ;

PART A (CH) (12 meas)

Challenge Chase ½ ;; **Advanced Alemana** ;;
Advanced Hockey Stick ;; ½ Basic to Diagonal Bk Triple Cha ;;
Aida to Diagonal Bk Triple Cha ;; Switch Rock ; Spot Turn to Fc No Hands ;

PART B (MR/CH) (8 meas)

[No hands thruout] Merengue Basic ; Glide ; Vine 2 Fc to Fc ; Vine 2 Bk to Bk ;
Merengue Basic ; Glide ; Vine 2 Fc to Fc ; Vine 2 Lady Transitions to
SD-BY-SD ;

PART C (CH) (12 meas)

Basic w/ Ronde Chasse & Hip Twist Chasse 2x ;;;;
Walk Transition to BFLY ; Traveling Door ; Cucaracha R ; Riff Turn ;
Curl to Fan ;; Alemana to Fc No Hands ;;

PART B (MR/CH) (8 meas)

[No hands thruout] Merengue Basic ; Glide ; Vine 2 Fc to Fc ; Vine 2 Bk to Bk ;
Merengue Basic ; Glide ; Vine 2 Fc to Fc ; Vine 2 Lady Transitions to
SD-BY-SD ;

PART C (CH) (1-7)

Basic w/ Ronde Chasse & Hip Twist Chasse 2x ;;;;
Walk Transition to BFLY ; Traveling Door ; Cucaracha R ;

ENDING (1 meas)

Apart Point ;