



Caught Between Hello/Goodbye

88 Count 1 Wall Intermediate Level Dance.

Choreographed by: Charles Alexander (SWE), Manuela Gustavsson (SWE)
& Tom Inge Soenju (NOR) Jun 2026

Choreographed to: Stuck in the Middle by Justin Jesso

Intro: 32 Counts. Start at approx 16 secs.

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Sequence: A, B, A, B, B (32 Counts)

Part A

- SEC 1** **¼ SLIDE, BEHIND-SIDE-CROSS SWEEP, CROSS, SIDE,
¼ BACK ROCK, ⅜ BACK, ½ STEP SWEEP, CROSS, ¼ BACK**
- 1 ¼ L turn sliding RF to R side (9:00)
- 2&3 Step LF behind RF, step RF next to LF, cross LF over RF sweep RF back to front
- 4&5 Cross RF over LF, step LF to L, ⅛ R turn rocking RF back (10:30)
- 6&7 Recover weight onto LF, ⅜ L turn stepping RF back, ½ L turn stepping LF fwd sweep RF back to front (12:00)
- 8& Cross RF over LF, ¼ R turn stepping LF back (3:00)

SEC 2 **NIGHTCLUB BASIC, SIDE ROCK CROSS,
¾ SPIRAL TURN, RUN, RUN, ROCK, COASTER STEP, ¼ SWEEP TURN**

- 1-2& Slide RF to R side, rock LF behind RF, recover weight onto RF
- 3&4 Rock LF to L side, recover weight onto RF, cross LF over RF
- 5-6 ¼ L turn stepping RF back ½ L turn hooking LF across RF, step LF fwd (6:00)
- &7 Step RF fwd, rock LF fwd
- 8&1 Recover weight onto RF, step LF next to RF, step RF fwd ¼ R turn sweeping LF back to front (9:00)

SEC 3 **WEAVE SWEEP, BEHIND, ¼ STEP, STEP, ½ PIVOT, FULL TURN, RUN, RUN**

- 2&3 Cross LF over RF, step RF to R side, step LF behind RF and sweep RF front to back
- 4&5 Step RF behind LF, ¼ L turn stepping LF fwd, step RF fwd (6:00)
- 6&7 Make a ½ L turn weight down on LF, ½ L turn stepping RF back, ½ L turn stepping LF fwd (12:00)
- 8& Step RF fwd, step LF fwd

Part B

SEC 1 **STEP, HOLD, ½ PIVOT, HOLD, ROCK, ½ STEP TURN, WALK**

- 1-2 Step RF fwd, hold
- 3-4 ½ L turn stepping down on LF, hold (6:00)
- 5-6 Rock RF fwd, recover weight onto LF
- 7-8 ½ R turn stepping RF fwd, step LF slightly fwd (12:00)

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SEC 2 CROSS JUMP LOW, CROSS JUMP HIGH, SIDE ROCK, BEHIND-SIDE-CROSS

- &1-2 Jump RF to R side, touch ball of LF behind RF (bent knees "lows"), hold
- &3-4 Jump on ball of RF to R side, stepping LF across RF (stretch upwards "highs"), hold
- 5-6 Rock RF to R side, recover weight onto LF
- 7&8 Step RF behind LF, step LF to L side, cross RF over LF

SEC 3 SIDE ROCK, SAILOR ¼ TURN, BALL STEP, STEP, ½ PIVOT, FULL TURN

- 1-2 Rock LF to L side, recover weight onto RF
- 3&4 ¼ L turn step LF behind RF, step RF to R side, step LF fwd (9:00)
- &5-6 Step ball of RF next to LF, step LF fwd, step RF fwd
- 7-8-1 ½ L turn weight onto LF, ½ L turn stepping RF back, ½ L turn stepping LF fwd (3:00)

SEC 4 ¼ SLIDE, DRAG, BALL, ⅛ STEP, ROCK, BEHIND-SIDE-FWD

- 2-3& ¼ L turn sliding RF to R side, drag LF towards RF, step ball of LF next to RF (12:00)
- 4-5-6 ⅛ L turn stepping RF fwd, rock LF fwd, recover weight onto RF (10:30)
- 7&8 Step LF behind RF, ⅛ R turn stepping RF next to LF, step LF fwd (12:00)

SEC 5 SIDE MAMBO STEP, SIDE MAMBO STEP, FULL VOLTA TURN

- 1&2 Rock RF to R side, recover weight onto LF, step RF next to LF
- 3&4 Rock LF to L side, recover weight onto RF, step LF next to RF
- 5&6& ¼ R turn stepping RF fwd, lock LF behind RF, ¼ R turn stepping RF fwd, lock LF behind RF (6:00)
- 7&8 ¼ R turn stepping RF fwd, lock LF behind RF, ¼ R turn stepping RF fwd (12:00)

SEC 6 SAMBA WHISK, SAMBA WHISK, FULL VOLTA TURN

- 1-2& Slide LF to L side, rock RF behind LF, recover weight onto LF
- 3-4& Slide RF to R side, rock LF behind RF, recover weight onto RF
- 5&6& ¼ L turn stepping LF fwd, lock RF behind LF, ¼ L turn stepping LF fwd, lock RF behind LF (6:00)
- 7&8 ¼ L turn stepping LF fwd, lock RF behind LF, ¼ L turn stepping LF fwd (12:00)

SEC 7 MAMBO STEP, BACK MAMBO, V-STEP COASTER STEP

- 1&2 Rock RF fwd, recover weight onto LF, step RF next to LF
- 3&4 Rock LF back, recover weight onto RF, step LF next to RF
- 5&6 Step RF fwd to R diagonal, step LF to L side, step RF back (to center)
- 7&8 Step LF back, step RF next to LF, step LF fwd

SEC 8 SIDE ROCK CROSS, SIDE ROCK CROSS, STEP ½ PIVOT, STEP ½ PIVOT

- 1&2 Rock RF to R side, recover weight onto LF, cross RF over LF
- 3&4 Rock LF to L side, recover weight onto RF, cross LF over RF
- 5-6 Step RF fwd, ½ L turn weight on LF (6:00)
- 7-8 Step RF fwd, ½ L turn weight on LF (12:00)



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