

IN THE ZONE

Choreographer: Joey Warren

Counts: 64

Intermediate/Advanced

Email: tennesseefan85@rock.com

Walls: 2

Restarts: 1

Music: Britney & Madonna

Me Against the Music

1-8: Step, Step, Hitch, Step Cross, ¼ Turn, Rock Recover, Hitch, ½ Turn, & Step

1-&-2: Step out & back on R, step out & back on L, hitch R knee up (angle body to right)

3-&-4: Step down on R, step across with L, ¼ turn to L stepping R beside L (punch L arm out)

5-&-6: Rock back on L, recover on R, brush L leg forward and up in the air

7-&-8: Half turn to left while keeping L knee hitched, step down on L, place R heel out

9-16: Step Cross, Point Toe, Knee Pops, Slide, Heel Flick, Hips & Feet Swivels

&-1-2: Step down on R, cross over with L, point R toe to R side

3-&-4: Pop R knee in, pop R knee back out, and press R toe beside L (prep for slide)

5-6: Slide L foot out while pressing R down, flick R heel up to L calf with ¼ turn L

7-&-8: Swivel hips & feet out, in, out while making a ½ turn to L (hitch L knee up on 8)

(Bring R foot down on count 7 also)

17-24: Step Locks with shoulder movements, kick & touches with on ½ turn

1-2: Step L foot forward while lowering L shoulder, lock R behind L (lift L shoulder up)

3-&-4: Step L foot forward, lock R behind L, step L foot forward (same shoulder movement)

5-&-6: Kick R foot forward, bring R across L stepping on that R, point L toe back

7-&-8: Kick L foot back while making ½ turn to L, step L across R, point R toe back

25-32: Step, Paddle Turns, ¾ turn, step, Knee pop with arm movement, ½ turn

1-2: Step R foot forward, point L toe out while making ¼ turn to R

3-4: Point L toe out while making ½ turn R, step forward on L

5-&-6: Step R foot forward, pop R knee up (extend both arms out bent at elbows), step on R

7-8: Step back on L while making ½ turn to L, kick R foot forward

33-40: Weave to R, weave to L

&1&2: Step R to R side, cross L over R, step R to R side, step L foot behind R

&3&4: Step R to R side, cross L over R, step R to R side, point L heel out

&5&6: Step L to L side, cross R over L, step L to L side, step R foot behind L

&7&8: Step L to L side, cross R over L, step L to L side, point R heel out

41-48: Step Cross, Body roll, step touch, ¼ turn with arm movement, touch, step

&-1-2: Step R to R side, body roll down bringing L ft. over R, bring arms bent at elbows to chest

3-4: Step R out to R side, touch L next to R

5-6: Do ¼ turn to L while sweeping arms around in front of you, punch arms out to R side

7-8: Touch L toe behind and turn head to your R, step L beside of R (bring arms down)

49-56: Out-out, in-in, out-out, in, kick & touch, kick & touch, jump, knee pops

&1&2: Step R out, step L out, step R in, step L in (travel back slightly when doing these)

&3&4: Step R foot out, step L out, step R in, kick L foot forward

&5&6: Step L foot back down, kick R foot out, touch R toe next to L, jump out with ¼ turn L (feet should be together after you jump) (punch both arms out to sides on count 6)

7-8: Pop L knee while pushing L shoulder up, Pop R knee pushing R shoulder up (wt. on L)

57-64: Kick ball touches, ¾ turn, left coaster step

1-&-2: Kick R foot forward, step R foot back down, touch L toe to L side (angle those touches)

3-&-4: Kick L foot forward, step L foot back down, touch R toe to R side
5-6: Step R behind L foot, do a $\frac{3}{4}$ turn to the R ending with weight on R
7-&-8: Step L foot back, step R foot beside L, step R foot forward

RESTART: Your restart occurs on the 3rd time you face your back wall. Do counts 1-16. But this time when you slide and flick your right foot leave the weight on the left so you can do your $\frac{1}{2}$ turn swivels and start over right after you turn with your right foot stepping back.