

In The Zone

64 count, 4 wall, intermediate/advanced level
Choreographer Joey Warren (USA) Oct 03
Choreographed to Me Against the Music by Britney Spears and Madonna/In The Zone

Start 32 after instrumental kicks in

- 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 right 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)
- 17-24 Step Locks with shoulder movements, kick & touches with one 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 down on L (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 these 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 ¾ turn to the R ending with weight on R
7-&-8 Step L foot back, step R foot beside L, step right 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 ½ turn swivels and start over right after you turn with your Right foot stepping back