

Mitten im Paradies ("In The Middle Of Paradise")

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Music: „Mitten im Paradies“ - Helene Fischer, CD "So nah wie Du", Track 3, 3:29 min. - or download Amazon 3:26 min. -
for another music (with English songtext) see below
Rhythm & Phase: RB/CH Phase III + 2 (Fan, Hockey Stick)
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A B C(1-15) – Inter – A B C D – C – End

May 2019

INTRODUCTION (RUMBA)

- 1-4 **WAIT 1 MEAS ; CUCARACHA IN 4 ; SIDE, DRAW, CLOSE ; STEP SIDE INTO 2 SLOW HIP ROCKS :**
1 {Wait} In BFLY pos M fcg ptr & WALL wait, -, -, - ;
2 {Cuca 4} Staying in BFLY WALL rk sd L w/partial weight & hip action, rec sd R, cl L to R, sip R ;
3 {Sd Draw Cl} In BFLY stp sd L, draw R to L, cl R, - ;
4 {2 Slow Hip Rks} Rk sd L rollg L hip fwd, then sd & bk, rec sd R rollg R hip fwd, then sd & bk ;
- 5-8 **SIDE WALK IN 3 ; FENCE LINE ; REVERSE UNDERARM TURN ; CRAB WALK IN 4 ;**
5 {Sd Walk 3} In BFLY WALL stp sd L, cl R to L, sd L, - ;
6 {Fence Line} Rk thru R w/soft knee, rec L, sd R, - ;
7 {Rev Undrm Trn} XLif of R leadg W to trn LF undr jnd ldhnds, rec R, sd L to BFLY WALL, -
(W stp thru R trng 1/2 LF, rec L trng LF to fc ptr, sd R, -) ;
8 {Crab Walk 4} XRif of L (W XLif), sd L, XRif, sd L ;

PART A (RUMBA)

- 1-4 **FENCE LINE ; CRAB WALK IN 4 ; FENCE LINE ; SPOT TURN ;**
1 {Fence Line} Repeat meas 6 of Intro ;
2 {Crab Walk 4} XLif of R (W XRif), sd R, XLif, sd R ;
3 {Fence Line} Rk thru L w/soft knee, rec R, sd L, - ;
4 {Spot Trn} Releasg ldhnds XRif trng 1/2 LF bringing trlhnds thru to LOD,
release trlhnds and rec L trng LF to fc ptr & WALL, sd R, - ;
- 5-8 **CHASE PEEK-A-BOO ; ; ;**
5-8 {Chase Peek-A-Boo} No hnds jnd stp fwd L trng 1/2 RF, rec fwd R, fwd L twd COH, -
(W rk bk R, rec fwd L twd COH, fwd R, -) ;
Rk sd R w/partial weight and hip action extendg arms and lookg over L shldr (W look sd at ptr),
retractg arms rec L, cl R, - ; Rk sd L w/partial weight and hip action extendg arms and
lookg over R shldr (W look sd at ptr), retractg arms rec R, cl L, - ;
Stp fwd R trng 1/2 LF, rec fwd L twd ptr & WALL, fwd R (W rk fwd L, rec bk R, bk L) to BFLY WALL, - ;

PART B (CHA)

- 1-4 **HALF BASIC ; WHIP ; NEW YORKER TWICE TO BFLY ; ;**
1 {Half Basic} In BFLY WALL rk fwd L, rec bk R, sd L/cl R, sd L ;
2 {Whip} Rk bk R start trng LF leadg W to cross in front (W fwd L outsd ptr to M's L side),
rec L trng LF to fc COH leadg W across (W step fwd & sd R across RLOD trng 1/2 LF),
stp sd R/cl L, sd R to BFLY COH ;
3-4 {NY 2x} Swvlg RF on R stp thru L to LOP LOD, rec R to fc ptr, stp sd L/cl R, sd L to BFLY, - ;
Swvlg LF on L stp thru R to OP RLOD, rec L to fc ptr, stp sd R/cl L, sd R to BFLY COH, - ;
- 5-8 **HALF BASIC ; UNDERARM TURN ; LARIAT ; ;**
5 {Half Basic} In BFLY COH repeat meas 1 of Part B ;
6 {Undrm Trn} Releasg trlhnds rk bk R twd DLC ld W to trn RF undr jnd ldhnds, rec fwd L, sd R/cl L, sd R
(W XLif trng 1/2 RF undr jnd ldhnds, rec R contg RF trn to fc ptr, sd L/cl R, sd L to M's R shldr) ;
7-8 {Lariat} Leadg W to circle CW w/jnd ld hnds rk sd L w/partial weight and hip action, rec R, sip L/R, L ;
Rk sd R w/partial weight and hip action, rec L, sip R/L, R to LOP FCG COH, - ;
(W does a CW circle around ptr fwd R, fwd L, fwd R/L, R ; Fwd L, fwd R, fwd L/R, L to fc ptr ;)

PART C (CHA)

1-4 CHASE WITH UNDERARM PASS ; ; CRAB WALKS TO REVERSE ; ;

- 1-2 **{Chase w/Undrm Pass}** With ldnnds jnd stp fwd L trng ½ RF, rec fwd R twd WALL, fwd L/cl R, fwd L
(*W rk bk R, rec fwd L, fwd R/cl L, fwd R to M's L sd*) ;
Rk bk R raisg jnd ldnnds leadg W to trn LF, rec L, sd R/cl L, sd R
(*W fwd L start trng LF, fwd R trng ½ LF undr jnd hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ;
- 3-4 **{Crab Walks}** XLif of R, sd R, XLif/sd R, XLif ; Stp sd R, XLif of R, sd R/cl L, sd R ;
(*W XRif of L, sd L, XRif/sd L, XRif ; Stp sd L, XRif of L, sd L/cl R, sd L ;*)

5-8 FENCE LINE ; START CRAB WALKS ; ROLL 4 TO OPEN LOD ; 2 FORWARD TRIPLES ;

- 5 **{Fence Line}** In BFLY WALL rk thru L w/soft knee, rec R, sd L/cl R, sd L ;
- 6 **{Start Crab Walks}** XRif of L (*W XLif*), sd L, XRif/sd L, XRif ;
- 7 **{Roll 4 to OP}** Releasg hnds stp fwd L twd LOD start trng LF, cont trng fwd & sd R twd LOD to fc COH,
bk & sd L twd LOD cont trng LF, thru & fwd R to OP LOD ;
- 8 **{2 Fwd Triples}** In OP LOD stp fwd L/cl R, fwd L, fwd R/cl L, fwd R ;

9-12 CIRCLE AWAY & TOGETHER TO BFLY ; ; HALF BASIC ; FAN ;

- 9-10 **{Circle}** Releasg hnds move away from ptr in a LF circular pattern fwd L, fwd R, fwd L/cl R, fwd L ;
Finishing the circular pattern move fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL, - ;
- 11 **{Half Basic}** Repeat meas 1 of Part B ;
- 12 **{Fan}** Rk bk R, rec fwd L leadg W to trn LF, sm sd R/cl L, sd R
(*W fwd L, sd & bk R trng ¼ LF, sm bk L/lk Rif of L, bk L*) ;

13-16 HOCKEY STICK TO BFLY ; ; SHOULDER TO SHOULDER TWICE ; ;

- 13-14 **{Hockey Stick}** Rk fwd L, rec R, cl L/R, L ; Rk bk R, rec L trng slightly to fc DRW & leadg W to trn LF
undr jnd ldnnds fwd R/cl L, fwd R to BFLY DRW ;
(*W cl R, fwd L, fwd R/cl L, fwd R ; Fwd L, fwd R trng LF undr jnd ldnnds to fc ptr, bk L/cl R, bk L ;*)
- 15-16 **{Shldr-Shldr 2x}** Rk fwd L outsd ptr to BFLY SCAR, rec R to fc, sd L/cl R, sd L to BFLY WALL ;
Rk fwd R outsd ptr to BFLY BJO, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

INTER (CHA)

1-4 FRONT TWISTY VINE 4 ; SHOULDER TO SHOULDER ; REVERSE UNDERARM TURN ; CRAB WALK IN 4 ;

- 1 **{Front Twist Vine 4}** In BFLY WALL XRif of L, sd L, XRif of L, sd L (*W XLif, sd R, XLif, sd R*) ;
- 2 **{Shldr-Shldr}** Repeat meas 16 of Part C ;
- 3 **{Rev Undrm Trn}** XLif of R leadg W to trn LF undr jnd ldnnds, rec R, sd L/cl R, sd L to BFLY WALL
(*W stp thru R trng 1/2 LF, rec L trng LF to fc ptr, sd R/cl L, sd R*) ;
- 4 **{Crab Walk 4}** Repeat meas 8 of Intro ;

PART D (CHA)

1-4 OPEN BREAK TO BFLY ; START CRAB WALKS ; CUCARACHA TWICE ;

- 1 **{Open Brk}** In BFLY WALL releasg trailhnds rk apt L & raise trailarm up trng handpalm to outside,
lowering trlarm rec R, blendg to BFLY stp sd L/cl R to L, sd L ;
- 2 **{Start Crab Walks}** Repeat meas 6 of Part C ;
- 3-4 **{Cuca 2x}** In BFLY WALL rk sd L w/partial weight & hip action, rec sd R, cl L/sip R, sip L ;
Rk sd R w/partial weight & hip action, rec sd L, cl R/sip L, sip R ;

5-8 HALF BASIC ; WHIP ; SPOT TURN IN 4 ; KNEE, POINT, & HOLD ;

- 5 **{Half Basic}** Repeat meas 1 of Part B ;
- 6 **{Whip}** Repeat meas 2 of Part B ;
- 7 **{Spot Trn in 4}** Releasg trlhnds XLif trng ½ RF bringing ldnnds thru to LOD,
release ldnnds and rec R trng RF to fc ptr, rk sd L, rec sd R ;
- 8 **{Knee, Pt & Hold}** Tch L knee to R knee, pt sd L twd RLOD, wait 2 beats in BFLY COH, - ;

ENDING (CHA)

1-2 HALF BASIC TO A WRAP FACE LOD ; POINT FORWARD & HOLD ;

- 1 **{Half Basic to WRP}** In BFLY WALL rk fwd L, rec bk R leadg W to trn LF undr jnd ldnnds,
trn ¼ LF sip L/R, L to WRP LOD (*W rk bk R, fwd L start trng LF, trng ¾ LF undr jnd ldnnds sip R/L, R*) ;
- 2 **{Pt Fwd}** In WRP fcg LOD pt fwd R twd LOD lookg at ptr, hold pos, -, - ;

Music with German or English songtext?:

You also may chose for the English song „Everything I Need“ by Helene Fischer (Download Amazon).

It's the same music and the same sequence, but the choreo is written to the German text, e.g.

Part A meas 6: „auf den ersten Blick“ = „at first glance“ = Peek-A-Boo

Part B meas 7-8: „gibt es nur noch dich“ = „there is only you“ = Lariat

Part C meas 13-14: „lass mich nicht im Stich“ = „don't leave me alone“ = Hockey Stick

Part D meas 1: „Himmel“ = „sky“ = Open Brk raise trlarms up

Suggested Cues:

Intro – A B C* – Inter – A B C D – C – End

- Intro (RB) BFLY WALL Wait 1 meas; Cuca in 4; Sd Draw Cl; Stp Sd into 2 Slow Hip Rocks; Sd Walk 3; Fence Line; Rev Undrm Trn; Crab Walk in 4 down LOD;
- A (RB) Fence Line; Crab Walk in 4 to RLOD; Fence Line; Spot Trn; Chase Peek-A-Boo;;;
- B (CH) Half Basic; Whip; NY 2x to BFLY;; Half Basic; Undrm Trn; Lariat;;
- C (CH) Chase w/Undrm Pass;; Crab Walks to RLOD;; Fence Line; Start Crab Walks to LOD; Roll 4 to OP; 2 Fwd Triples; Circle Away & Tog to BFLY;; Half Basic; Fan; Hockey Stick to BFLY;; Shldr-Shldr;* Twice;
- Inter (CH) Front Twisty Vine 4; Shldr-Shldr; Rev Undrm Trn; Crab Walk in 4;
- D (CH) Open Brk (trlhnds up) to BFLY; Start Crab Walks; Cuca L & R;; Half Basic; Whip; Spot Trn in 4; Knee, Pt & Hold;
- End (CH) Half Basic to a Wrap Fc LOD; & Pt Fwd