

Between The Bars

Count: 48

Wall: 2

Level: Intermediate / Advanced

Choreographer: Brandi Gross (USA) - February 2015

Music: Between the Bars - The Civil Wars



Intro-24 counts

[1-6] TWINKLE, 3/4 TURN

- 1 – 3 Cross R over L (1), Rock L out to L (2), Recover onto R (3)
4 – 6 Cross L over R (4), Turn ¼ L stepping back on R (5) Turn ½ L stepping forward on L (6)
(3:00)

[7-12] STEP, ¼ SWEEPING HITCH TURN, CROSS, SIDE, BEHIND

- 1 – 3 Step R forward (1), Step L forward as sweeping R into a hitch turning ¼ L (2-3) (12:00)
4 – 6 Step R down across L (4), Step L to L side (5), Cross R behind L (6)

[13-18] ¼ R TURN STEP AND DRAG, BALL, ¼ STEP L, CROSS, SIDE, BEHIND

- 1 – 2 Turn ¼ R taking a big step back on L as push both hands forward (1) drag R ft (2) (3:00)
3 & Step ball of R next to L (3), Turn ¼ L stepping L to L side (&) (12:00)
4 – 6 Cross R over L (4), Step L to L side (5), Cross R behind L (6)

[19-24] STEP WITH HAND MOTIONS, R FULL TURN WITH R TURNED OUT HITCH, STEP, BALL

- 1 Step L to L side as reach L hand and arm across chest to R diagonal with fingers up (1)
2 – 3 Move L hand to L diagonal with fingers up (2), Grab L wrist overhanded with R keeping R elbow out (3) (10:30)
4 Make a full turn over R on ball of L hitching R up with knee turned out (10:30)
5 – 6 Dropping arms step forward on R, Step ball of L close behind R turning 1/8 R (12:00)

[25-30] STEP 3/8 AND SWEEP, STEP, STEP, TOGETHER WITH SHOULDERS AND HEAD MOTION

- 1 – 3 Turn 3/8 R stepping R forward while sweeping L (1-2), Step L forward (3) (4:30)
4 – 6 Step R forward (4), Step L next to R and drop R shoulder forward (5), Drop L shoulder forward while dropping head (6)

[31-36] STEP, STEP, ¼ L STEP, 3/8 STEP WITH HAND MOTIONS, HITCH

- 1 – 3 Step R back lifting up head & shoulders bringing hands to chest (1), Step L back (2), Step R back turning ¼ L (3) (1:30)
4 Turn 3/8 L stepping L fwd while lifting L arm to upward diagonal leading with top of wrist (4) (9:00)
5 Leading with top of wrist bring R arm up next to L (5)
6 Hitch right knee in toward chest bringing arms in to meet knee (6)

[37-42] EXTEND R LEG, ½ TURN, STEP, BEGIN PARTIAL DIAMOND

- 1 Extend R leg at downward angle and rotate ½ over R shoulder keeping leg up (1) (3:00)
2 – 3 Step R forward (2), Step L forward (3)
4 – 6 Sweep R to front (4) Cross R over L (5) Step L to back L diagonal turning 1/8 R (6) (4:30)

[43-48] COMPLETE PARTIAL DIAMOND, FULL TURN

- 1 – 3 Step back on R (1), Step back on L turning 1/8 R (2), Step R forward (3) (6:00)
4 – 6 Step L forward prepping for turn (4), Full turn L on ball of L dragging R toe (5-6) (6:00)

No Tags, No Restarts

Enjoy!

Please do not alter this step sheet in any way.

Contact: Brandi Gross, bgross3@vt.edu
