

# This Bar

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Jason Messer (USA) - April 2020

Music: This Bar - Morgan Wallen



Dance starts 32 counts from beginning of song after the words "I found myself in this"

## [01-08] KICKBALL CROSS, SIDE-ROCK RECOVER, BEHIND SIDE CROSS, KICKBALL CROSS

- 1&2 Kick RF fwd (1), Step back on ball of RF (&), Step LF across RF (2)  
3,4 Rock RF to R (3), Recover on LF (4)  
5&6 Step RF behind LF (5), Step LF to L (&), Step RF across LF (6)  
7&8 Kick LF fwd (7), Step back on ball of LF (&), Step RF across LF (8)

## [09-16] SIDE-ROCK RECOVER, SAILOR 1/2 TURN, 1/2 TURN, 1/2 TURN, FWD SHUFFLE

- 1,2 Rock LF to L (1), Recover on RF (2)  
3&4 Step LF behind RF (3), Turn 1/4 L and Step RF next to LF (&)(9:00), Turn 1/4 L and Step LF fwd (3)(6:00)  
5,6 Turn 1/2 L and step back on RF (5)(12:00), Turn 1/2 L and step LF fwd (6)(6:00)  
7&8 Step RF fwd (7), Step LF next to RF (&), Step RF fwd (8)

**EASY VARIATION FOR COUNTS 5,6: Step RF fwd (5), Step LF fwd (6)**

## [17-24] ROCK FWD RECOVER, 1/2 TURN SHUFFLE, 1/2 PIVOT TURN, FWD LOCK SHUFFLE

- 1,2 Rock fwd on LF (1), Recover on RF (2)  
3&4 Turn 1/4 L and step LF to side (3)(3:00), Step RF next to LF (&), Turn 1/4 L and step LF fwd (4)(12:00)  
5,6 Step RF fwd (5), Pivot 1/2 turn L (weight on LF)(6)(6:00)  
7&8 Step RF fwd (7), Lock step LF behind RF (&), Step RF fwd (8)

## [25-32] 1/4 PIVOT TURN, CROSS SHUFFLE, BIG STEP & SLIDE, BEHIND SIDE CROSS

- 1,2 Step LF fwd (1), Pivot 1/4 turn R (weight on RF)(2)(9:00)  
3&4 Step LF across RF (3), Step RF slightly R (&), Step LF across RF (4)  
5,6 Step RF big step to R (5), Slide LF to behind RF (6)  
7&8 Step LF behind RF (7), Step RF to R (&) Step LF across RF (8)

## [33-40] R VAUDEVILLE, L VAUDEVILLE

- 1,2& Step RF to R (1), Step LF behind RF (2), Step RF to R (&)  
3&4 Touch L Heel diagonally fwd (3), Step LF next to RF (&), Step RF across LF (4)  
5,6& Step LF to L (5), Step RF behind LF (6), Step LF to L (&)  
7&8 Touch R Heel diagonally fwd (7), Step RF next to LF (&), Step LF across RF (8)

## [41-48] SIDE, BEHIND, R LINDY, KICKBALL CROSS

- 1,2 Step RF to R (1), Step LF behind RF (2)  
3&4 Step RF to R (3), Step LF next to RF (&), Step RF to R (4)  
5,6 Rock LF behind RF (5), Recover on RF (6)  
7&8 Kick LF diagonally fwd (7), Step ball of LF back (&), Step RF across LF (8)

## [49-56] 1/4 TURN, 1/4 TURN, CROSS SHUFFLE, STOMP, HOLD, BEHIND SIDE CROSS

- 1,2 Turn 1/4 R and step back on LF (1)(12:00), Turn 1/4 R and step RF to R (2)(3:00)  
3&4 Step LF across RF (3), Step RF slight R (&), Step LF across RF (4)  
5,6 Stomp RF to R (5), Hold (see styling options)(6)  
7&8 Step LF behind RF (7), Step RF to R (&), Step LF across RF (8)

**STYLING FOR COUNTS 5,6: Incorporate knee bends or hip bumps**

**[57-64] STOMP, HOLD, BEHIND SIDE CROSS, PRESS RECOVER & PRESS RECOVER**

1,2 Stomp RF to R (1), Hold (see styling options)(2)

3&4 Step LF behind RF (3), Step RF to R (&), Step LF across RF (4)

5,6& Press RF fwd (5), Recover on LF (6), Step RF next to LF (&)

7,8& Press LF fwd (7), Recover on RF (8), Step LF next to RF (&)

**STYLING FOR COUNTS 1,2: Incorporate knee bends or hip bumps**

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