

Once Upon a Bar

Count: 32

Wall: 4

Level: Novice

Choreographer: Gudrun Schneider (DE) & Gwendoline HOPIN (FR) - September 2023

Music: Once Upon a Bar - Simon Clow



LF = Left foot RF = Right Foot

Introduction : (after 32 counts singer) 16 counts part instrumental

Easy step : Vine L, scuff R, Vine R, scuff L, Step touch x4

1-8 LF Vine to the left w/ Scuff R, RF Vine to the right w/Scuff L

1-8 L Step fwd, Touch R, R Step back, Touch L, L Step back, Touch R, R Step fwd, Scuff L

and started the dance !

Started dance after 48 counts (32 counts part of singer and 16 counts part of instrumental) - 1 tag at 4e wall

Section 1: L Cross Over, Back Step R, Triple side L, Sailor Step R, Point ½ turn L

1-2 Left cross over Right, Step back Right weight on RF

3&4 LF Shuffle to the left

5&6 RF Cross back left, Step left to the left, Step right to the right

7-8 Point LF cross back right, ½ turn over left (6:00)

Section 2: Step FWD R, Touch L, Triple back x2, Coaster step L

1-2 Step forward RF, touch back with the left

3&4-5&6 Step back on Left, Step Right next to Left, Step back on Left & Step back on right, Step left next to right, Step back on right

7&8 Step back Left, Step right together to left, Step forward Left weight on LF

Section 3: Rock step R, Recover, Triple step ¾ turn R, Cross rock step L, Side Rock step L

1-2 Rock forward Right, Recover on Left

3&4 Triple ¾ turn over right on RF, Right, Left, Right (9:00)

5-6 Left cross over right, Recover on RF

7-8 Rock side Left to the left, recover on RF

***Restart here**

Section 4: Triple cross L, ¼ turn L x2, Rock step R, Coaster step R

1&2 Step Left over Right, Step Right to the right side, Step Left over Right

3-4 Turn ¼ turn Left stepping back right, Turn ¼ turn Left stepping Left to Left side (3:00)

5-6 Rock forward Right, recover on left

7&8 Step back Right, Step left together to right, step forward right weight on RF

At 4e wall, after 24 counts.

Good dance, be happy...

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