

Bare Dans (Just Dance)

Compte: 64

Mur: 2

Niveau: Phrased High Improver

Chorégraphe: Helene Pedersen (NOR) - September 2023

Musique: Dans - Freddy Kalas & Hver gang vi møtes : (Hver gang vi møtes 2023)



Intro: Start after 32 counts on Vocals

Sequence: A, B, AA AAA, B, A, B

Part A: 32c

S1: [1-8] STEP, POINT L, SAILOR STEP, POINT BACK, ½ TURN R, ROCK FWD

1-4 Step R fwd (1), Point L to L (2), Cross L behind R (3), Step R next to L (&), Step L next to R (4)

5-8 Point R back (5), Turn ½ R and step R fwd (6), Rock L fwd (7), Recover weight onto R (8)

S2: [9-16] BACK SHUFFLE, BACK ROCK, KICK BALL CHANGE X2

1&2 Step L back (1), Step R next to L (&), Step L back (2)

3-4 Rock R back (3), Recover weight onto L (4)

5&6 Kick R over L (5), Step R next to L (&), Step L next to R (6)

7&8 Kick R over L (7), Step R next to L (&), Step L next to R (8)

S3: [17-24] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILER ¼ TURN

1-2 Rock R to R (1), Recover weight onto L (2)

3&4 Cross R behind L (3), Step L to L (&), Cross R over L (4)

5-6 Rock L to L (5), Recover weight onto R (6)

7-8 Cross L behind R (7), Turn ¼ L stepping R next to L (&), Step L next to R (8)

S4: [25-32] STEP, ¼ TURN L, STEP, ¼ TURN, STEP, SWIVEL X2, SWIVEL WITH FLICK

1-4 Step R fwd (1), Turn ¼ L and step L (2), Step R fwd (3), Turn ¼ L step L (4)

5-8 Step R fwd (5), Swivel heels L and R (6-7), Swivel heels L and flick R (8)

Part B: 32c

S1: [1-8] STEP, ½ TURN L

1-8 Step R fwd (1-4), Turn ½ L and step L fwd (5-8)

Arms: Rise right arm above head (1-4), Lower right arm (5-8)

S2: [9-16] ¼ TURN L, BEHIND, ¼ TURN R, HOLD, STEP, ½ TURN R, SWEEP

1-4 Turn ¼ L stepping R to R (1), Cross L behind R (2), Turn ¼ R stepping R fwd (3), Hold (4)

5-8 Step L fwd (5), Turn ½ R stepping R fwd (6), Sweep from back to front turning ½ turn R (7-8)

S3: [17-24] CROSS, SWEEP, CROSS, ¼ TURN R X2, CROSS

1-4 Cross L over R (1), Slow sweep from back to front (2-4)

5-8 Cross R over L (5), ¼ turn R stepping L back (6), ¼ turn R stepping R to R (7), Cross L over R (8)

S4: [25-32] SLIDE, TOUCH, SLIDE, BOUNCE X2

1-4 Step R to R (1-3), Touch R next to L (4)

5-8 Step L to L (5-6), Bounce heel R next to L x2

Ending: Make a heart with your arms over your head

Contact: helped.hp@gmail.com