

# To the Bar (TOT)

拍数: 32      墙数: 2      级数: Improver  
编舞者: Karen Benjamin Hayes (USA) - November 2023  
音乐: To the Bar - Cooper Alan



**\*\*2 TAGS – Dance starts as soon as the music does (no intro)**

## RIGHT LOCK STEP, LEFT LOCK STEP, STOMP RIGHT, STOMP LEFT, HEELS, TOES, HEELS

1 & 2      Step forward R (1) Lock L behind R (&) Step forward R (2)  
3 & 4      Step forward L (3) Lock R behind L (&) Step forward L (4)  
5 - 6      Stomp R forward and to R (5) Stomp L foot forward to L (6)  
7 & 8      Swivel heels in (7) swivel toes in (&) Swivel heels in (8)

## SYCOPATED WEAVE RIGHT, RIGHT ROCK & CROSS, SYCOPATED WEAVE LEFT, LEFT, ROCK & CROSS

1 & 2 &      Step R to R (1) Step L behind R (&) Step R to R (2) Cross L over R (&)  
3 & 4      Rock R to R (3) Recover weight to L (&) Cross R over L (4)  
5 & 6 &      Step L to L (13) Step R behind L (&) Step L to L (14) Cross R over L (&)  
7 & 8      Rock L to L (15) Recover weight to R (&) Cross L over R (16)

## STEP, TURN & KICK, COASTER STEP, SHUFFLE RIGHT, SHUFFLE LEFT

1 – 2      Step forward R (1) Turn ½ turn L and kick L foot forward – 6:00 (2)  
3 & 4      Step L back (3) Step R together (&) Step L forward (Coaster Step)  
5 & 6      Shuffle forward R-L-R  
7 & 8      Shuffle forward L-R-L

## RIGHT HEEL AND TOUCH, LEFT HEEL AND TOUCH, JAZZ BOX

(End of Wall 5 (facing 6:00) repeat these steps and add Tag 1)

1 & 2      Touch R heel forward (1) Step R next to L (&) Touch L toe to L (2)  
3 & 4      Touch L heel forward (3) Step L next to R (&) Touch R toe to R (4)  
5 – 8      Cross R over L (5) Step back L (6) Step R to R (7) Step L next to R (8)

## TAG # 1 - 4 COUNT PADDLE TURN (AT END OF WALL 1)

1 – 4      Paddle with RF keeping LF planted full turn to your L

TAG # 2 – End of Wall 5 (FACING 6:00) RIGHT HEEL AND TOUCH, LEFT HEEL AND TOUCH, JAZZ BOX and ADD TAG 1

Begin again...

Last Update: 30 Mar 2024