Bar None



拍数: 64 墙数: 0 级数: Phrased Intermediate 编舞者: Gianmarco Rossato (IT) - 30 March 2025 音乐: Bar None - Jordan Davis



PART A

SECTION 1 COMPLETE RUMBA BOX BACK, STOMP-UP

1-2	Ston	R to R side	· Claca I	hacida D
1-2	SIED		= - 0.056 1	- neside r

3-4 Step R back – Hold

5-6 Step L to L side – Close R beside7-8 Step L forward – Stomp-up R beside L

SECTION 2 STEP, HOLD, TOUCH (X2), STEP, HOLD, TOUCH, HOLD

1-2 Step R to R side – Hold

3-4 Touch L point crossed behind R foot twice

5-6 Step L to L side - Hold

7-8 Touch L point crossed behind R foot – Hold

SECTION 3 WEAVE, ROCK-STEP, 1/4 TURN, STEP, CROSS

1-2 Step R to R side – Cross L behind R3-4 Step R to R side – Cross L over R

5-6 (Turning ¼ to R – h.3.00) Step R fwd – recover weight on L 7-8 (Turning ¼ to R – h.6.00) Step R to R side – Cross L over R

SECTION 4 STOMP-UP, STOMP, STOMP, HOLD, HEEL SWIVEL IN (X2)

1-2 Stomp-up R beside L – Stomp R to diagonal R

3-4 Stomp L to diagonal L (so now you have your feet apart in 2nd posiMon) – Hold

5-6 Swivel R heel inside – Recover7-8 Swivel L heel inside – Recover

PART B

SECTION 1 KICK, FLICK, KICK, FLICK, OPEN, FLICK, OPEN, FLICK

1-2 Kick R forward to R diagonal – Step on your R foot moving slightly R & Flick L back

3-4 Step on your L foot moving slightly R & Kick R forward to R diagonal – Step on your R foot

moving slightly R & Flick L back

5-6 Open both your feet apart facing to R diagonal – Turn to the opposite diagonal with a small

jump and raise R flick back

7-8 Open both your feet apart facing to L diagonal – Turn back looking straight at h12 with a

small jump and raise L flick back

SECTION 2 KICK (X2), KICK, KICK, STEP, STOMP, SWIVEL, BACK

1-2 Kick L forward twice

3-4 Step L back & Kick R forward – Step R back & Kick L forward

5-6 Step L forward – Stomp R forward

7-8 Swivel both heels to the R side – Recover to the center

SECTION 3 SWIVEL ½ TURN, HOLD, PROGRESSIVE RUMBA BOX FORWARD

1-2 While swiveling both heels to R turn ½ L (facing h.6.00) – Hold (*Body weight must be on the

R foot back)

3-4 Step L to L side – Close R beside L

5-6 Step L forward – Stomp-up R beside L

7-8 Step R to R side – Close L beside R

SECTION 4 STEP, HOLD, ROCK-STEP, BACK, BACK, SWIVEL OUT, BACK

1-2 Step R forward - Hold

3-4 Step L forward – Recover weight back on R foot

5-6 Step L back – Step R back

7-8 Swivel L heel outside to L – Recover to the center and put the weight on it

TAG (8C)

SECTION 1 STOMP (X2), HOLD (X2), STOMP (X2), HOLD (X2)

1-2 Stomp-up R beside L – Stomp R to R side

3-4 Hold-Hold

5-6 Stomp-up L beside R – Stomp L to L side

7-8 Hold-Hold

SEQUENCE

A-A-B-B-B

A – A (only 7 counts + 1 count HOLD) – TAG – B – B – B

A-B-B-B

Stepsheet written by Gianmarco "Johnny" Rossato 2