

My Bar

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jason Messer (USA) - December 2023
音樂: My Bar (VAVO Remix) - Priscilla Block & VAVO



NO TAGS OR RESTARTS

INTRO: 44 Counts (start dance with vocals "Don't come walking in like you own it")

[01-08] SIDE ROCK RECOVER, BEHIND SIDE CROSS, SIDESTEP, HOLD, BALL STEP, SIDESTEP, HOLD

1,2 Side rock RF to Right (1), Recover on LF (2)
3&4 Step RF behind LF (3), Step LF Left (&), Step RF across LF (4)
5,6& Step LF Left (5), Hold (6), Ball step RF next to LF (&)
7,8 Step LF Left (7), Hold (8)

STYLING: Body roll counts 5-6 and counts 7-8

[09-16] CROSS ROCK RECOVER, SHUFFLE 1/4 TURN R, ROCK RECOVER, BALL STEP, STEP RF BACK 1/4 TURN R, HOOK

1,2 Cross rock RF over LF (1), Recover on LF (2)
3&4 Step RF Right (3), Step LF next to RF (&), Step RF 1/4 turn Right (4) [3:00]
5,6& Rock forward on LF (5), Recover on RF (6), Ball step LF next to RF (&)
7,8 Step RF back 1/4 turn Right (7) [6:00], Hook LF over Right Shin (8)

[17-24] STEP LF FWD, TURN 1/2 L, COASTER STEP, KICK & POINT X2

1,2 Step LF 1/4 turn Left (1) [3:00], On LF, spin 1/2 turn Left and land backwards on RF (2) [9:00]
3&4 Step LF back (3), Step RF next to LF (&), Step LF forward (4)
5&6 Kick RF forward (5), Step RF next to LF (&), Touch LF Left (6)
7&8 Kick LF forward (7), Step LF next to RF (&), Touch RF Right (8)

[25-32] ROCK RECOVER, SHUFFLE 1/2 TURN R, PIVOT TURN 1/2 R, TRIPPLE FWD

1,2 Rock forward on RF (1), Recover on LF (2)
3&4 Step RF back 1/4 turn Right (3) [12:00], Step LF next to RF (&), Step RF 1/4 turn Right (4) [3:00]
5,6 Step LF forward (5), Pivot 1/2 turn Right (6) [9:00]
7&8 Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

[33-40] SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, CROSS SHUFFLE

1,2 Side rock RF to Right (1), Recover on LF (2)
3&4 Step RF across LF (3), Step LF to Left (&), Step RF across LF (4)
5,6 Side rock LF to Left (5), Recover on RF (6)
7&8 Step LF across RF (7), Step RF to Right (&), Step LF across RF (8)

[41-48] 1/2 BOX TURN INTO SIDE SHUFFLE, CROSS RECOVER, SIDE SHUFFLE

1,2 Step RF to Right (1), Pivot on RF 1/4 Turn Left and step LF to Left (2) [6:00]
3&4 Pivot on LF 1/4 Turn Left and step RF to Right (3) [3:00], Step LF next to RF (&), Step RF to Right (4)
5,6 Cross rock LF over RF (5), Recover on RF (6)
7&8 Step LF to Left (7), Step RF next to LF (&), Step LF to Left (8)

[49-56] JAZZ BOX WITH 1/4 TURN R, DIAGONAL STEP TOUCHES X2

1,2 Step RF across LF (1), Step Back on LF (2)
3,4 Step RF 1/4 turn Right (3) [6:00], Step LF forward (4)
5,6 Step RF diagonally forward (5), Touch LF next to RF (6)
7,8 Step LF diagonally forward (7), Touch RF next to LF (8)

[57-64] ROCK RECOVER X2, SIDE ROCK RECOVER, BEHIND SIDE CROSS

- 1,2& Rock forward on RF (1), Recover on LF (2), Ball step RF next to LF (&)
 - 3,4 Rock forward on LF (3), Recover on RF (4)
 - 5,6 Side Rock LF to Left (5), Recover on RF (6)
 - 7&8 Step LF behind RF (7), Step RF to Right (&), Step LF across RF (8)
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