

To the Bar (TOT)

拍數: 32 牆數: 2 級數: Improver
編舞者: Karen Benjamin Hayes (USA) - November 2023
音樂: 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