In a Bar (On a Stool)

拍數: 40　　　　**牆數:** 2　　　　**級數:** Beginner/High Beginner

編舞者: Sandra Barr (CAN) - January 2024

音樂: In a Bar - Matt Lang

Intro - 8 counts - Weight starts on L foot.

[1-8] R Kick ball touch, L Kick ball touch, R Kick ball touch, Left Kick ball touch.

1&2	Kick R forward, place R beside L, lift L, touch L beside R
3&4	Kick L forward, place L beside R, Lift R, touch R beside L
5&6	Kick R forward, place R beside L, lift L, touch L beside R
7&8	Kick L forward, place L beside R, Lift R, touch R beside L

[9-16] R Shuffle forward, L Shuffle Forward, Jazz Box ¼ turn R

1&2	step forward on R, step ball of L next to R, Step forward on R
3&4	step forward on L, Step ball of R next to L, Step forward on L
5 -6	Cross step R over L, Step back on L
7-8	Turn ¼ right stepping R to right side, step L beside R

[17 -24] syncopated Vine R, Cross, Rock Recover, Forward Mambo, Back Mambo

1&2&	Step R to right side, step L behind R, Step R to right, cross L over R
3 -4	Step R to right side (lean into the rock), Step R beside L
5 & 6	Rock forward onto R, recover weight back on L, Step R next to L
7 & 8	Rock back onto L, recover weight back on R, Step L next to R

[25-32] R rock recover, pivot ¼ L beside L, Left Mambo x2

1 & 2	Rock R to right side, recover on L, step on right foot pivot ¼ turn L, R beside L
3 & 4	Rock L recover weight on R, Left next to R
5 & 6	Rock R to right side, recover on L, step on right foot ¼ turn L, R beside L
7 & 8	Rock L recover weight on R, Left next to R

[33 – 40] R rock recover, pivot ¼ L, Left Mambo, Right Mambo, Back Coaster step.

1 & 2	Rock R to right side, recover on L, step on right foot pivot ¼ turn L, R beside L
3 & 4	Rock L to left side, recover on R, Left next to R
5 & 6	Rock R to right side, recover L, R next to L
7 & 8	Step back on L, step R back next to L, Step forward on L

On the third, fourth & fifth wall leave off steps [1-8]
On sixth wall start on [1- 8] (same as wall 1 & 2)
End dance on 7th wall (12 o'clock) with first 8 counts.

Enjoy and have fun with it.

Last Update: 20 May 2024 - R1