## Bare Dans (Just Dance)

Count: 64
Wall: 2
Level: Phrased High Improver
Choreographer: Helene Pedersen (NOR) - September 2023
Music: Dans - Freddy Kalas \& Hver gang vi møtes : (Hver gang vi møtes 2023)


Intro: Start after 32 counts on Vocals
Sequence: A, B, AA AAA, B, A, B
Part A: 32c
S1: [1-8] STEP, POINT L, SAILOR STEP, POINT BACK, $1 \not 22$ TURN R, ROCK FWD

| $1-4$ | Step $R$ fwd (1), Point $L$ to $L$ (2), Cross $L$ behind $R(3)$, Step $R$ next to $L$ (\&), Step $L$ next to $R$ |
| :--- | :--- |
| $5-8$ | (4) |
| Point $R$ back (5), Turn $1 / 2 R$ and step $R$ fwd (6), Rock $L$ fwd (7), Recover weight onto R (8) |  |

S2: [9-16] BACK SHUFFLE, BACK ROCK, KICK BALL CHANGE X2
1\&2 Step L back (1), Step R next to L (\&), Step L back (2)
3-4 Rock R back (3), Recover weight onto L (4)
5\&6 Kick R over L (5), Step R next to L (\&), Step L next to R (6)
7\&8 Kick R over L (7), Step R next to L (\&), Step L next to R (8)
S3: [17-24] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILER ¼ TURN
1-2 Rock $R$ to $R(1)$, Recover weight onto $L$ (2)
3\&4 Cross R behind L (3), Step L to L (\&), Cross R over L (4)
5-6 Rock $L$ to $L$ (5), Recover weight onto $R$ (6)
7-8 Cross $L$ behind $R(7)$, Turn $1 / 4 L$ stepping $R$ next to $L$ (\&), Step $L$ next to $R$ (8)
S4: [25-32] STEP, $1 / 4$ TURN L, STEP, $1 / 4$ TURN, STEP, SWIVEL X2, SWIVEL WITH FLICK
1-4 Step R fwd (1), Turn $1 / 4 L$ and step L (2), Step R fwd (3), Turn $1 / 4 L$ step L (4)
5-8 Step $R$ fwd (5), Swivel heels $L$ and $R(6-7)$, Swivel heels $L$ and flick $R(8)$
Part B: 32c
S1: [1-8] STEP, $1 / 2$ TURN L
1-8 Step R fwd (1-4), Turn $1 / 2 L$ and step $L$ fwd (5-8)
Arms: Rise right arm above head (1-4), Lower right arm (5-8)
S2: [9-16] $1 / 4$ TURN L, BEHIND, $1 / 4$ TURN R, HOLD, STEP, $1 / 2$ TURN R, SWEEP
1-4 Turn $1 / 4 L$ stepping $R$ to $R$ (1), Cross $L$ behind $R$ (2), Turn $1 / 4 R$ stepping $R$ fwd, (3), Hold (4)
5-8 Step L fwd (5) , Turn $1 / 2 R$ stepping R fwd (6), Sweep from back to front turning $1 / 2$ turn $R(7-8)$
S3: [17-24] CROSS, SWEEP, CROSS, $1 \not 14$ TURN R X2, CROSS
1-4 Cross L over R (1), Slow sweep from back to front (2-4)
5-8 Cross $R$ over $L$ (5), $1 / 4$ turn $R$ stepping $L$ back (6), $1 / 4$ turn $R$ stepping $R$ to $R(7)$, Cross $L$ over R (8)

S4: [25-32] SLIDE, TOUCH, SLIDE, BOUNCE X2
1-4 Step R to R (1-3), Touch R next to L (4)
5-8 Step $L$ to $L$ (5-6), Bounce heel $R$ next to $L$ x2
Ending: Make a heart with your arms over your head
Contact: helped.hp@gmail.com

