

Steel Bars

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Lisen Persson (SWE)

Music: Steel Bars - Michael Bolton



CROSS, HOLD, SIDE, BEHIND, SIDE, CROSS ROCK, CHASSE

- 1-2 Cross right over left, hold
- &3-4 Step left to left, cross right behind left, step left to left
- 5-6 Cross rock right over left, recover weight to left
- 7&8 Step right to right, step left next to right, step right to right

CROSS, HOLD, TURN ¼ LEFT, STEP, STEP, TOUCH, TOUCH, STEP, ROCK

- 1-2 Cross left over right, hold
- &3-4 Turn ¼ left and step right back, walk left, right
- 5&6 Touch left toe forward, touch left next to right, step left forward
- 7-8 Rock right forward, recover weight to left

STEP, HOLD, TURN ½ LEFT, STEP, TURN ½ LEFT, KICK BALL STEP, TOUCH

- 1-2 Step right back, hold
- 3 Turn ½ left and step left forward
- 4-5 Step right forward, pivot ½ left (weight on left)
- 6&7 Kick right forward, step right next to left, step left forward
- 8 Touch right next to left

Restart after a small tag here on your 6th wall

ROCK, COASTER STEP, ROCK, TURN ¼ LEFT, LONG STEP, DRAG

- 1-2 Rock right forward, recover weight to left
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Rock left forward, recover weight to right
- 7-8 Turn ¼ left and take a long step to left, drag right next to left

Restart here during 5th wall

STEP, CROSS, SIDE, TURN ¼ LEFT, TOUCH, STEP, TOUCH ¼ LEFT, STEP, TOUCH ¼ RIGHT

- &1-2 Step right beside left, cross left over right, step right to side
- 3-4 Turn ¼ left and step left back, touch right beside left

Restart here during your 4th wall

- 5-6 Step right slightly forward, on ball of right turn ¼ left and touch left toe forward
- 7-8 Turn ¼ right and step left next to right, touch right toe forward

Restart here during your 2nd wall

BESIDE, WALK, WALK, SHUFFLE, STEP, STEP, TURN ½ RIGHT, STEP

- &1-2 Step right beside left, walk left, right
- 3&4 Step left forward, step right next to left, step left forward
- 5 Step right forward
- 6-7 Step left forward, pivot ½ right (weight on right)
- 8 Step left forward

REPEAT

RESTART

On your 2nd wall after 40 counts (facing 12:00 wall) start the dance all over again

RESTART

On your 4th wall after 36 counts (facing 12:00 wall) start the dance all over again

RESTART

On your 5th wall after 32 counts (facing 6:00 wall) start the dance all over again

TAG/RESTART

On your 6th wall after 24 counts (facing 3:00 wall) hold two counts and then start the dance all over again
(two counts without music)
