

# Au Nord Bar

Compte: 64

Mur: 1

Niveau: Phrased Intermediate



Chorégraphe: Michel Doré (CAN) - September 2024

Musique: Au Nord Bar - Brittany Kennell, Francis Degrandpré, Vince Lemire, Phil G. Smith, Andie Therio, Fred Dionne & Guillaume Lafond

Intro 2 x 8 counts

Mise en page Michel Doré

SEQUENCE A - TAG 1 - A - B - TAG 2 - A - B - TAG 2 - A - A - B - B - TAG 3 - B

## PART A: 32c

### [1 - 9] HEEL TOUCH - TOGETHER - HOOK - SHUFFLE - HEEL TOUCH - HITCH - CHASSÉ

1 - 2 - 3 Touch right heel forward. Step back on RF. Hook crossing LF in front of RF.

(Style: Salute by touching hat with right hand on count 3.) D D G

4 & 5 Shuffle forward with LF. Step together with RF. Step forward with LF.

6 - 7 Touch right heel forward. Hitch right knee.

8 & 1 Chassé to the right with side step on RF. Step together with LF. Step to the right with RF.

### [10 - 16] ROCK STEP - CHASSÉ - ROCK STEP - KICK

2 - 3 Rock step by stepping back on LF. Recover on RF.

4 & 5 Chassé to the left with side step with LF. Step together with RF. Left side step with LF.

6 - 7 Rock step by stepping back with RF. Recover on LF.

8 Kick forward with RF.

### [17 - 25] JAZZ BOX 1/4 TURN - SHUFFLE - PIVOT 1/2 TURN - SHUFFLE 1/2 TURN

1 - 2 - 3 Jazz box by crossing RF in front of LF. Step back on LF. Step 1/4 turn right by stepping forward on RF. (3:00)

4 & 5 Shuffle forward with step on LF. Step together with RF. Step forward on LF.

6 - 7 Step forward on RF. Pivot 1/2 tour to the left with weight transfer on LF.

8 & 1 Shuffle by stepping 1/4 turn to the left with RF. Step together with LF. Step back on RF with 1/4 turn to the left. (3:00)

### [26 - 32] ROCK STEP - KICK BALL STEP - STEP - STEP 1/4 TURN - STOMP

2 - 3 Rock step by stepping back on LF. Recover on RF.

4 & 5 Kick ball touch by kicking LF forward. Step on ball of LF. Step forward on RF.

6 - 7 Step forward on LF. Step 1/4 turn to the left on RF. (12:00)

8 Stomp with LF next to RF.

## PART B: 32c

### [1 - 8] JAZZ BOX - OUT OUT - HIP BUMP X 2 - HEEL SWITCHES

1 - 2 - 3 - 4 Jazz box by crossing RF in front of LF. Step back on LF. Side step to the right with RF. Step together with LF. (12:00)

& 5 Jump out with RF and LF.

6 - 7 Hip bump to the left. Hip bump to the right.

8 & Touch left heel forward. Step together with LF.

### [9 - 16] HEEL SWITCHES - COASTER STEP - PIVOT 1/2 TURN - STOMP

1 & 2 & 3 Touch right heel forward. Step together with RF. Touch left heel forward. Step together with LF. Touch right heel forward.

4 & 5 Coaster step with step back on RF. Step together with LF. Step forward on RF.

6 - 7 Step forward on LF. Pivot 1/2 turn to the right with weight transfer on RF. (6:00)

8 Stomp on LF next to RF.

**[17 - 24] JAZZ BOX - OUT OUT - HIP BUMP X 2 - HEEL SWITCHES**

1 - 2 - 3 - 4 Jazz box by crossing RF in front of LF. Step back on LF. Side step to the right with RF. Step together with LF.  
& 5 Jump out with RF and LF.  
6 - 7 Hip bump to the left. Hip bump to the right.  
8 & Touch left heel forward. Step together with LF.

**[25 - 32] HEEL SWITCHES - COASTER STEP - PIVOT 1/2 TURN - STOMP**

1 & 2 & 3 Touch right heel forward. Step together with RF. Touch left heel forward. Step together with LF. Touch right heel forward.  
4 & 5 Coaster step with step back on RF. Step together with LF. Step forward on RF.  
6 - 7 Step forward on LF. Pivot 1/2 turn to the right with weight transfer on RF. (12:00)  
8 Stomp on LF next to RF.

**TAG 1: ARM SWEEPS AND HEEL BOUNCES**

1 - 2 - 3 - 4 Point right hand on a diagonal sweeping from left to right while bouncing on both heels. (12:00)  
5 - 6 - 7 - 8 Point left hand on a diagonal sweeping from right to left while bouncing on both heels ending with weight on LF.

**TAG 2: ARM SWEEPS AND HEEL BOUNCES - SIDE STEP TOUCH + CLAPS X 4**

1 - 2 - 3 - 4 Point right hand on a diagonal sweeping from left to right while bouncing on both heels. (12:00)  
5 - 6 - 7 - 8 Point left hand on a diagonal sweeping from right to left while bouncing on both heels ending with weight on LF.  
1 - 2 - 3 - 4 Side step to the right with RF. Touch LF next to RF and clap. Side step to the left with LF. Touch RD next to LF and clap.  
5 - 6 - 7 - 8 Side step to the right with RF. Touch LF next to RF and clap. Side step to the left with LF. Touch RD next to LF and clap.

**TAG 3: TAG 2 + ROCKING CHAIR**

1 - 2 - 3 - 4 Do TAG 2 and add the following 4 counts: Rock step by stepping forward on RF. Recover back on LF. Rock step by stepping back on RF. Recover on LF.

**Last Update: 24 Sep 2024**

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