

To the Bar

拍数: 32 墙数: 4 级数: Beginner
编舞者: Laura Rittenhouse (AUS) - April 2025
音乐: To the Bar - Cooper Alan



Start after 32 beats

NOTE: This dance is choreographed at the double time beat of 180BPM

S1: VINE RIGHT AND LEFT ON FORWARD DIAGONALS

1,2,3,4 Step R to R fwd diagonal, Cross L behind R, Step R to R fwd diagonal, Hold
5,6,7,8 Step L to L fwd diagonal, Cross R behind L, Step L to L fwd diagonal, Hold

S2: DIG/HOOK/STEP R & L

1,2,3,4 Dig R heel to R diagonal, Hook R heel under L knee, Step R beside L, Hold
5,6,7,8 Dig L heel to L diagonal, Hook L heel under R knee, Step L beside R, Hold

S3: LOCK BACK R & L

1,2,3,4 Step R back, Lock L stepping in front and across R, Step R back, Swing L foot back
5,6,7,8 Step L back, Lock R in front of R, Step L back, Hold

***RESTART here on Wall 10 facing 3:00**

S4: WEAVE TO THE L TURNING ¼ R; LOCK FWD WITH L

1,2,3,4 Cross R over L, Step L to L, Turn ¼ R stepping R back (3:00), Hold
5,6,7,8 Step L fwd, Lock R behind L, Step L fwd, Hold

TAG: At the end of Wall 1, facing 3:00, 8 counts; ROCK & TAP FWD & BACK

1,2,3,4 Rock fwd on R, Tap L toe in place, Recover on L, Hold
5,6,7,8 Rock back on R, Tap L heel in place, Recover on L, Hold

***RESTART on Wall 10 after S3 facing 3:00**