

Me and This Bar

拍数: 32 墙数: 2 级数: Improver
编舞者: Jessica Jacques (DE) & Janine Broschardt (DE) - May 2025
音乐: Bar None - Jordan Davis



Start dancing after 16 Counts

[1- 8] Walk Back R, L, Coaster Step, Step Lock Step, Step 1/4 Turn, Cross

1-2 Step back on RF, Step back on LF
3&4 Step back on RF, Step LF beside RF, Step RF forward
5&6 Step LF forward, Lock RF behind LF, Step LF forward,
7&8 Step RF forward, make a 1/4 turn left, Cross RF over LF

[9-16] ¼ Turn, ¼ Turn, Cross Shuffle, Side Rock, Sailor Step ¼ Turn

1-2 ¼ Turn R stepping back on LF, ¼ Turn R stepping RF to R side
3&4 Cross LF over RF, Step RF to R side, Cross LF over RF
5-6 Rock R to the side, recover weight on LF
7&8 Cross RF behind LF, make a ¼ Turn R and step LF to L side, Step RF to R side

[17-24] Rumba Box Forward, Back Lock Back, Walk back R L

1&2 Step LF to the L side, RF beside LF, Step LF forward
3&4 Step RF to R side, LF beside RF, Step RF back
5&6 Step LF back, lock RF over LF; step LF back
7-8 Step back on RF, Step back on LF

[25-32] Coaster Step, Step Lock Step, Full Turn, Kick Ball Change

1&2 Step back on RF, step LF beside RF, step RF forward
3&4 Step LF forward, Lock RF behind LF, Step LF forward,
5-6 ½ Turn L stepping RF back, ½ Turn L stepping LF forward
7&8 Kick RF forward, step RF beside LF, step LF in place

TAG 1 - Wall 3, after 12 Counts

¼ Turn, Touch, Coaster Step

1-2 ¼ turn R stepping RF to R side, touch L Toe beside RF
3&4 Step back on LF, step RF beside LF, step LF forward

TAG 2 - Wall 4, after 20 Counts

Mambo Stomp, Mambo Stomp Up

1&2 Rock back on LF, recover on RF, Stomp LF beside RF
3&4 Rock forward RF, recover on LF, Stomp up RF beside LF

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Have fun ☐

Last Update – 11 Jun. 2025 – R2