

My Bar

Count: 32

Wall: 4

Level: Improver

Choreographer: Kate Sala (UK). December 2019

Music: 'My Bar' by Lauren Jenkins - 2:39 mins.

Intro: 16 counts.

Kick, Step Back, Mambo Step, Step Pivot 1/2 Turn Left, Walk Forward R, L.

1 2 Kick R forward. Step back on R.
3 & 4 Rock back on L. Recover on to R. Step forward on L. (Restart from here during wall 3)
5 6 Step forward on R. Pivot 1/2 turn left.
7 8 Walk forward on R, L. 6:00

Step Pivot 1/2 Turn Step, Forward Lock Step, Cross, Point, Weave Right.

1 & 2 Step forward on R. Pivot 1/2 turn left. Step forward on R. 12:00
3 & 4 Step forward on L. Lock step R behind L. Step forward on L.
5 6 Cross step R over L. Point L to left side.
7 & 8 Cross step L behind R. Step R to right side. Cross step L over R.

Tap Out, In, Out, Weave Left, Reverse Rumba Box.

1 & 2 Point R toe to right side. Touch R toe next to L instep. Point R toe to right side.
3 & 4 Cross step R behind L. Step L to left side. Cross step R over L.
5 & 6 Step L out to left side. Step R next to L. Step back on L.
7 & 8 Step R out to right side. Step L next to R. Step forward on R.

Jazz Box 1/4 Turn Left, Clap, Step Forward, Clap, Back Lock Step, Kick Ball Step.

1 2 3& Cross step L over R. Turn 1/4 left stepping back on R. Step L out to left side. Clap. 9:00
4 & Step forward on R. Clap.
5 & 6 Step back on L, Lock step R over L. Step back on L.
7 & 8 Kick R forward. Step down on ball of R. Step forward on L.

Start Again

Restart: During wall 3 facing back wall, Restart after count 4.