

# Bar None

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**Count:** 32      **Wall:** 2      **Level:** Improver

**Choreographer:** Phyllis Manier - April 2020

**Music:** This Bar by Morgan Wallen

## Heel Grind $\frac{1}{4}$ turn right, Shuffle back, Shuffle $\frac{1}{2}$ , Step $\frac{1}{4}$ Turn

- 1&2      Right heel grind forward  $\frac{1}{4}$  left recover left  
3&4      Shuffle back L R R  
5&6      Shuffle  $\frac{1}{2}$  turning right R L L  
7&8      Step forward L  $\frac{1}{4}$  turn pivot left

## Cross and Cross, Turn $\frac{1}{2}$ R Cross and Cross, Side Rock, Behind and Cross

- 1&2      Cross and Cross Right over left  
3&4      Pivot on left  $\frac{1}{2}$  right Cross and Cross Left over right  
5&6      Rock left side recover left  
7&8      Step left behind left, side left, cross left over left

## Turn $\frac{1}{4}$ Turn $\frac{1}{2}$ , Shuffle forward, Step $\frac{1}{2}$ turn, Shuffle $\frac{1}{2}$

- 1-2      Step back right turning  $\frac{1}{4}$  right, Step forward left turning  $\frac{1}{2}$  right  
3&4      Shuffle forward R L L  
5-6      Step forward left  $\frac{1}{2}$  pivot turning right recover left  
7&8      Shuffle  $\frac{1}{2}$  turning right L R R

## Walk back back, Coaster cross, Step touch, Turn touch

- 1-2      Walk back right right  
3&4      Coaster cross R L L  
5-6      Step left side  $\frac{1}{4}$  touch right next to right  
7&8      Shuffle forward R L L

## Have Fun - No Tags No Restarts

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