

## The Bra Dance

64 Count, 4 Wall, Intermediate

Choreographer: Ross Brown (UK) May 2009

Choreographed to: Jag Ljuger Sa Bra by Linda Bengtzing, CD: Ingenting Att Forlora (138 bpm)

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Intro: 24 Counts (Approx. 20 Secs)

- 1. BALL, CROSS. KICK BALL CROSS. SIDE. SAILOR STEP. ROCK BACK ¼ TURN R, RECOVER**  
&1 Step slightly back with right, cross step left over right.  
2&3 Kick right foot forward to right diagonal, step right next to left, cross step left over right.  
4 Step right to the right.  
5&6 Cross step left behind right, step right to the right, step left to the left.  
7-8 Make a ¼ turn right rocking back with right, recover onto left. (3 o'clock)
  
- 2. SHUFFLE ½ TURN L. ROCK BACK, RECOVER. STEP, STEP, PIVOT ¼ TURN L, CROSS.**  
1&2 Shuffle a ½ turn left stepping; right, left, right.  
3-4 Rock back with left, recover onto right.  
5-6-7-8 Step forward with left, step forward with right, pivot a ¼ turn left, cross step right over left. (6 o'clock)
  
- 3. TOUCH; FORWARD, SIDE. TOGETHER, SIDE, SLIDE. TOUCH; FORWARD, SIDE. TOGETHER, SIDE ROCK, RECOVER.**  
1-2 Touch left foot forward, touch left foot to the left.  
&3-4 Step left next to right, step right to the right, slide left up to right. [Weight stays on Right]  
5-6 Touch left foot forward, touch left foot to the left.  
&7-8 Step left next to right, rock right to the right, recover onto left. (6 o'clock)
  
- 4. CROSS, SIDE, TOGETHER. CROSS, HITCH ½ TURN L. SIDE STOMP, HOLD. SAILOR ¼ TURN L.**  
1-2& Cross step right over left, step left to the left, step right next to left.  
3-4 Cross step left over right, make a ½ turn left hitching right knee up.  
5-6 Stomp right to the right, hold for 1 count.  
7&8 Make a ¼ turn left stepping; left behind right, right next to left, forward with left. (9 o'clock)
  
- 5. CROSS, SIDE, TOGETHER. CROSS, SIDE, TOGETHER. ROCK FORWARD, RECOVER. SHUFFLE ½ TURN R.**  
1-2& Cross step right over left, step left to the left, step right next to left.  
3-4& Cross step left over right, step right to the right, step left next to right.  
5-6 Rock forward with right, recover onto left.  
7&8 Shuffle a ½ turn right stepping; right, left, right. (3 o'clock)
  
- 6. CROSS, SIDE, TOGETHER. CROSS, SIDE, TOGETHER. ROCK FORWARD, RECOVER. SHUFFLE ½ TURN L.**  
1-2& Cross step left over right, step right to the right, step left next to right.  
3-4& Cross step right over left, step left to the left, step right next to left.  
5-6 Rock forward with left, recover onto right.  
7&8 Shuffle a ½ turn left stepping; left, right, left. (9 o'clock)
  
- 7. TOUCH; FORWARD, SIDE. SAILOR ¼ TURN R. STEP, PIVOT ½ TURN R. STEP, SLIDE.**  
1-2 Touch right foot forward, touch right foot to the right.  
3&4 Make a ¼ turn right stepping; right behind left, left next to right, forward with right.  
5-6 Step forward with left, pivot a ½ turn right.  
7-8 Step forward with left, slide right up to left. [Weight stays on Left] (6 o'clock)
  
- 8. TOUCH; FORWARD, SIDE. SAILOR ¼ TURN R. STEP, PIVOT ½ TURN R. STEP, SLIDE.**  
1-8 Repeat Section 7. (3 o'clock)

End of Dance. Start again and Enjoy!

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