

Between The Bars

Phrased, Intermediate, Waltz

Choreographer: Maryloo (FR) May 2010

Choreographed to: Between The Bars by Sharleen

Spiteri, CD: The Movie Song Book (150 bpm)

Sequence: A-A-B-A-A-B-B-mini A(18 first counts)

The dance begins after 24 counts

PART A :48 counts

1. TWINKLES, LEFT & RIGHT

1-2-3 Cross left over right, step right to right diagonal, step left to left diagonal

4-5-6 Cross right over left, step left on left diagonal, step right to right diagonal

2. WEAVE RIGHT, LEFT POINT, HOLD

1.2.3. Cross left over right, step right to side, cross left behind right

4.5.6. Step right to side, point left to left side, hold

3. POINT RIGHT & LEFT, HOLD

1.2.3. Step left in place, touch right toe to right side, hold

4.5.6. Step right in place, touch left toe to left side, hold

4. BASIC 3/4 TURN LEFT, BASIC BACK

1.2.3. ¼ turn left & step left forward, ½ turn left & step right back, step left together

4.5.6. Step right back, step left together, step right in place

5. BASIC FORWARD, BASIC BACK

1.2.3. Step left forward, step right together, step left in place

4.5.6. Step right back, step left together, step right in place

6. BASIC ½ TURN FORWARD LEFT, BASIC BACK,

1.2.3. Step left forward, , turn ½ left & step back on right, step left together

4.5.6. Step right back, step left together, step right in place

7. STEP, SWEEP (X2),

1.2.3. Step left forward, sweep right from back to front over 2 counts

4.5.6. Step right forward, sweep left from back to front over 2 counts

8. CROSS, ½ SWEEPING TURN LEFT, TOGETHER, HOLD

1.2.3. Cross left over right, sweep right from back to front making a ½ turn to left over 2 counts

4.5.6. Step right together, hold, hold

PART B :48 counts

1. ¼ TURN RIGHT & LEFT POINT, DROP L, ¼ TURN LEFT & RIGHT POINT

1.2.3. ¼ turn right & point left to side, hold for 2 counts

4.5.6. Step left in place & ¼ turn left, point right to side, hold

2. SHUFFLE BACK WITH HOLDS

1.2.3. Step right back, step left together, hold

4.5.6. Step right back, hold for 2 counts

3. STEP FORWARD, ¼ TURN LEFT & RIGHT POINT, HOLD, RECOVER, LEFT POINT, HOLD

1.2.3. Step left forward, ¼ turn left & point right to side, hold

4.5.6. Step right in place, point left to side, hold

4. FULL TURN TRAVELLING LEFT SIDE

1.2.3. ¼ turn left & step left forward, 1/4 turn left & step right to side, step left together

4.5.6. ¼ left & right behind, ¼ left & left to side, step right together

5. SWAYS (LEFT, RIGHT)

1.2.3. Step left to side, sway to left over 2 counts

4.5.6. Step right to side, sway to right over 2 counts

6. SWAY (LEFT), RIGHT COASTER

1.2.3. Step left to side, sway to left over 2 counts

4.5.6. Step right back, step left next to right, step right forward

7. SLOW STEP TURN 1/2 RIGHT

1.2.3. Step left forward, hold for 2 counts

4.5.6. Pivot ½ turn right, weight on right & point left behind, hold for 2 counts

8. ¼ TURN & DROP LEFT, ¾ SWEEPING TURN TO LEFT , RIGHT TOGETHER

1.2.3. ¼ turn to left & drop left in place, make a ¾ sweeping turn to left over 2 counts

4.5.6. Step right together, hold, hold

ENDING (mini A)

Make the 18 first counts on the party A with a Unwind (Step right over left , ¾ turn left)

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