Bar and Back

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66 Count 4 Wall Intermediate Level Dance.
Choreographed by: Keri Kary (CAN) & Michele Bilan (CAN) Nov 2026
Choreographed to: Bar And Back by Josh Ross
Intro: 14 Counts. Start at approx 11 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, A, B, A, B, B, A

Part A

SEC 1	**WALK, WALK, STEP, PIVOT ½, ½ BACK SWEEP, BEHIND, SIDE, CROSS, AND COLLECT**
1-2	Walk fwd R, walk fwd L
3&4	Step fwd R, ½ turn L weight to L, ½ turn L step R back sweep L back (12:00)
5&6	Cross L behind R, step R to R side, cross L in front of R
&7	Step R to R side, turn ⅛ L step L together (10:30)
SEC 2	**STEP, TAP, BACK, KICK, SAILOR ¼, STEP, TAP, BACK KICK, RONDE ⅜ (9:00)**
1&2	Step R forward, tap L behind R, step L back kick R fwd
3&4	¼ Turn R step R behind, step L beside R, step R fwd (1:30)
5&6	Step L fwd, tap R behind L, step R back kick L fwd
7	Turn ⅜ L step L to L side (9:00)
SEC 3	**BEHIND, SIDE, CROSS, ⅛ HIP ROLL, ⅛ HIP ROLL, POINT SWITCHES, ¼ TOUCH**
1&2	Step R behind L, step L to L side, cross R over L
3-4	⅛ Turn R point L to L side, ⅛ turn R point L to L side (12:00)
&5&6	Step L beside R, point R to R side, step R beside L, point L to L side
&7	Step L turn ¼ to L, touch R beside L (9:00)
SEC 4	**CHASSE, V STEP, BACK DRAG, BACK ROCK**
1&2	Step R to R side, step L beside R, step R to R side
3&	Step out diagonal L, step out R diagonal
4-5	Step back L dragging R back
6	Step back R
Styling	lunge while turning upper body to look back
7	Recover fwd to L

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Last Updated: 8/11/2026 14:31:01

Part B

SEC 1	**CROSS, BACK, BACK, CROSS, BACK, BACK, COASTER STEP, WALK, WALK, ¼ PIVOT**
1&2	Cross R over L, step L back, step R back
3&4	Cross L over R, step R back, step L back
5&6	Step R back, close L next to R, step fwd R
7-8&	Step fwd L, step fwd R, ¼ pivot L weight to L (9:00)
SEC 2	**CROSS, ½ HINGE TURN, CROSS, SIDE, ½ SAILOR, BALL TOUCH, BALL TOUCH**
1-2&	Cross R, ¼ turn R stepping back on L, ¼ R stepping R to R side (3:00)
3-4	Cross L, step R to R side
5&6	Step L behind R, step R to R side, step L to L side
&7&8	Step R to R side, touch L beside R, step L to lside, touch R beside L
SEC 3	**CHASE ½ TURN, CHASE ½ TURN, CROSS ROCK, SIDE ROCK, BEHIND SIDE CROSS**
1&2	Step fwd R, ½ turn L weight to L, step fwd R (9:00)
3&4	Step fwd L, ½ turn R weight to R, step fwd L (3:00)
5&6&	Cross R over L, recover L, side rock R to R side, recover L
7&8	Cross R behind L, step L to L side, cross R over L
SEC 4	**SWAY, SWAY, SIDE LOCK SIDE, COASTER STEP, STEP**
1-2	Step L to L side swaying L, sway R
3&4	Step L to L side, step right to L, step L to L side
5&6	Step R back, step L to R, step R fwd
7	Step L fwd
SEC 5	**CHASSE, V STEP, BACK DRAG, BACK ROCK**
1&2	Step R to R side, step L beside R, step R to R side
3&	Step out diagonal L, step out R diagonal
4-5	Step back L dragging R back
6	Step back R
Styling	lunge while turning upper body to look back
7	Recover fwd to L