

This Bar

Count: 32

Wall: 4

Level: Beginner

Choreographer: Michelle Armstrong (CAN) - August 2026

Music: This Bar - Morgan Wallen



No Tags or Restarts

Intro – 32 Counts (after vocals start)

Sailor Steps x 2

1&2 Cross step R behind L, Step L to the L side, Step R to the R side

3&4 Cross step L behind R, Step R to the R side, Step L to the L side

½ turn Left Pivot, Fwd Shuffle

5-6 Step R fwd, Pivot ½ L, weight ending on L

7&8 Step fwd on R, Step L next to R, Step fwd on R

Vine Left, Step Touches

1-4 Step L to the side, Close R to L, Step L to the side, Touch R to L

5-8 Step R to the side, Touch L to R, Step L to the side, Touch R to L

Right Lindy, Rocking Chair

1&2 Shuffle RLR to the side (Step R to the side, close L to R, Step R to the side)

3-4 Rock back on L behind R, recover fwd on R

5-8 Rock L fwd, recover weight to R, Rock L back, recover weight to R

Side Close Side with ¼ turn to L, Scuff

1-3 Step L to the side, Close R beside L, Step L to the side making a ¼ turn to the L

4 Scuff R foot fwd

Jazz Box

5-8 Cross R over L, Step back on L, Step back and to the side on R, Step L next to R