This Bar - AB

Count: 32 **Wall:** 4 **Level:** Absolute Beginner
Choreographer: Steph Prescott (UK) - August 2026
Music: This Bar - Morgan Wallen

Intro: 32 Counts
Tags/Restarts: None

Section 1: Rock, Recover, Coaster Step, Rock, Recover, Coaster Step

1-2	Rock RF forward, recover weight onto LF
3&4	Step RF back, step LF next to RF, step RF forward
5-6	Rock LF forward, recover weight onto RF
7&8	Step LF back, step RF next to LF, step LF forward

Section 2: Grapevine RIGHT, Grapevine LEFT 1/4 Turn Left

1-2	Step RF to right side, step LF behind RF
3-4	Step RF to right side, touch LF next to RF
5-6	Step LF to left side, step RF behind LF
7-8	Turn 1/4 left stepping LF forward, touch RF next to LF (9:00)

Section 3: 2 x V-Steps

1-2	Step RF forward and diagonally right, step LF forward and diagonally left
3-4	Step RF back to centre, step LF next to RF
5-6	Step RF forward and diagonally right, step LF forward and diagonally left
7-8	Step RF back to centre, step LF next to RF

Section 4: K-Step

1-2	Step RF forward and diagonally right, touch LF next to RF
3-4	Step LF back to centre, touch RF next to LF
5-6	Step RF back and diagonally right, touch LF next to RF
7-8	Step LF forward to centre, touch RF next to LF

Choreographer Message: Dance 4 of the ABSOLUTE BEGINNER SERIES.
The choreography is part of a series that will introduce brand new dancers to the most basic steps.