

BAR HIGH

Level: Easy Intermediate **Genre:** Country
Artist: Southbound XO
Choreo: Lynda Turner, Barwon Valley Cloggers, Geelong Vic
[lyndamt23@gmail.com]
Speed: Normal to +5% **Length:** 2:52
Sequence: A B A B C D E B C* E*
Wait: 16 beats

Quick Cues

Part A (32 beats)

4 Heel Rock Strut
4 Fancy Triple
4 Heel Rock Strut (Rft)
4 Fancy Triple (Rft)
16 **2** Louisiana Step (1/2R ea)

Part B (32 beats)

8 Kentucky Loop Run
8 Lori Rocker (Rft)
8 Kentucky Loop Run (Rft)
8 Lori Rocker

Part A (32 beats)

4 Heel Rock Strut
4 Fancy Triple
4 Heel Rock Strut (Rft)
4 Fancy Triple (Rft)
16 **2** Louisiana Step (1/2R ea)

Part B (32 beats)

8 Kentucky Loop Run
8 Lori Rocker (Rft)
8 Kentucky Loop Run (Rft)
8 Lori Rocker

Part C (32 beats)

8 Rock Slur Step
4 **2** Unclog (R & L)
4 Triple (1/2R)
16 **REPEAT**

Part D (16 beats)

16 **2** MacNamara Rock Pivot (1/2R ea)

Part E (32 beats)

8 Crazy Samantha
4 **2** Unclog (R & L)
4 Triple (Bk)
4 Trigger
4 Triple
4 **2** Unclog (R&L)
4 Triple (Bk)

Quick Cues

Part B (32 beats)

8 Kentucky Loop Run
8 Lori Rocker (Rft)
8 Kentucky Loop Run (Rft)
8 Lori Rocker

Part C* (16 beats)

8 Rock Slur Step
4 **2** Unclog (R & L)
4 Triple (Bk)

Part E* (15 beats)

8 Crazy Samantha
4 **2** Unclog (R & L)
3 Double Basic (Rft)



Step Definitions - Bar High

HEEL ROCK STRUT:

(P) TCHH(OTS) R(BK) S(XIF) (P) TCHH(OTS) R(BK) S(XIF)
L L R L L R
& 1 & 2 & 3 & 4

FANCY TRIPLE:

DS(OTS) DS(XIF) DS(XIB) R(OTS) S(XIF)
L R L R L
&1 &2 &3 & 4

LOUISIANA STEP:

[DS DS DS DS] (FWD) (P) S(BK) (P) S(BK) PVT(1/2 R) S(FWD) (P) S(FWD)
L R L R L R R L R
&1 &2 &3 &4 & 5 & 6 & 7 & 8

KENTUCKY LOOP RUN:

DS-DR S(XIF) DS-SL/LOOP-S(XIB) BA(OTS) BA(XIF) BA(OTS) S DS RS
L L R L L / R R L R L R L RL
&1 & 2 &3 & 4 & 5 & 6 &7 &8

LORI ROCKER:

DS DT H DS DT H RS DS DS RS
L R L R L R LR L R LR
&1 & 2 &3 & 4 &5 &6 &7 &8

ROCK SLUR STEP:

DS(OTS) SLR-S(XIB) R S(OTS) SLR-S(XIB) R S(OTS) SLR-S(XIB) R S(OTS) SLR-S
L R R L R L L R L R R L R L L
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

UNCLOG:

STA-STO SK SL
L L R L
& 1 & 2

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

MACNAMARA ROCK PIVOT: (In this dance, turn 1/2 R)

BA(OTS) BA(XIB) BA(OTS) TCHH(OTS) BA(OTS) BA(XIB) BA(OTS) TCHH
L R L R R L R
& 1 & 2 & 3 & 4

R H(WGT) PVT(L or R) S DS RS
L R R L R LR
& 5 & 6 &7 &8

CRAZY SAMANTHA:

DS DS(XIF) DR S(BK) DR S(BK) H(WGT) H(WGT) RS DS RS
L R R L L R L R LR L RL
&1 &2 & 3 & 4 & 5 &6 &7 &8

TRIGGER:

DS DS T-H T-H
L R L L R R
&1 &2 & 3 & 4

DOUBLE BASIC:

DS DS RS
R L RL
&1 &2 &3