

BAR DANCE TO LA GRANGE

Choreographed by: Unknown

Description: 32 count, 4-wall, beginner linedance done in bars in Central Florida area

Music: *La Grange* by ZZ Top

Count Description

1-8 HEEL STEPS

1-2 Tap R heel forward, Step R next to L

1-2 Tap L heel forward, Step L next to R

5-6 repeat steps 1-2

7-8 repeat steps 3-4

(note - to add to energy level, kick feet forward off ground instead of tapping heels.)

9-16 HEEL FORWARD & BACK, SWIVEL RIGHT

1-2 Tap R heel forward, HOLD

1-2 Tap R heel back, HOLD

5 While moving left foot to the right, tap R heel next to left foot while pointing R toe to the R

6 While moving left foot to the right, tap R toe next to left foot while pointing R heel to the R

7-8 Repeat steps 5-6

17-24 STOMPS FORWARD

1-2 Stomp R forward, HOLD

1-2 Stomp L forward, HOLD

5-6 Stomp R forward, Stomp L forward

7-8 Stomp R forward, Stomp L forward

25-32 JAZZ SQUARE 1/4 TURN RIGHT, JAZZ SQUARE, JUMP

1-2 Cross R over L, step L back

3-4 1/4 right and step R, step L next to R

5-6 Cross R over L, Step L back

7-8 Step R next to left, jump both feet forward, landing weight on Left

REPEAT AND HAVE FUN !