

# LAZ BAR

*Rhythm:* 4/4 - Each quarter note receives one beat. Four beats per measure.

*Formation:* Leader on right. Hands joined at shoulder height. During the “pas de basque” and “balance” steps, the hands may be rotated up and down in small circles, starting down and moving backward on the first beat and coming up and moving forward on the second beat, etc.

## Measures

- 1 Pas de Basque (R). Facing center step to the R on R foot (count 1)  
Touch L toe to front and side of R foot (count 2)  
Pas de Basque (L). Step to L on L foot (count 3)  
Touch R toe to front and side of L foot (count 4)
- 2 REPEAT measure 1 exactly
- 3 Balance in. Step toward center on R foot (count 1)  
Touch L toe beside R heel (count 2)  
Balance out. Step back on L foot (count 3)  
Touch R toe slightly in front and to R of L toe (count 4)
- 4 Rock out and in. Moving to R, step back on R foot, simultaneously leaning BKWD and moving hands slightly back (count 1)  
Moving to R, step FWD on L foot, simultaneously leaning FWD and moving hands slightly FWD (count 2)  
REPEAT 4th measure, first beat  
REPEAT 4th measure, second beat

*NOTE: This dance conforms to the musical phrase and may be started at the beginning of any musical sequence.*

