

The Race Is On

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Monica Jenssen (NOR)

Musique: The Race Is On - Sawyer Brown



STOMP, HOLD, STOMP HOLD, WALK FORWARD

- 1-2 Stomp right forward and hold
- 3-4 Stomp left forward and hold
- 5-8 Walk forward right, left, right and left

CLAP HANDS TWICE, SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT, STEP & PIVOT ½ TURN

- 9-10 Clap hands twice
- 11&12 Step back right, close left beside right, step back right
- 13&14 Step back left, close right beside left, step left back
- 15-16 Step forward right, pivot ½ turn left

STEP & PIVOT ½ TURN, STEP RIGHT & CLAP TWICE, KNEE POPS, STEP & PIVOT

- 17-18 Step forward right, pivot ½ turn left
- 19-21 Step right beside left and clap twice
- 22-23 Pop left knee in toward right knee, straighten left knee
- 24-25 Pop right knee in towards left knee, straighten right knee
- 26-27 Step forward left, pivot ¼ turn right

CROSS, STEP, STEP, HOLD, ROCK LEFT, HOLD, ROCK RIGHT

- 28-31 Cross left over right, step right to right side, step left beside right, hold
- 32&33 Rock left to left side, rock onto right in place, step left beside right
- 34 Hold
- 35&36 Rock right to right side, rock onto left in place, step right beside left

PRISSY WALKS, HOLD, HEEL TOUCH, HEEL TOUCH

- 37 Step left forward across right, angling body to right side
- 38 Step right forward across left, angling body to left side
- 39-40 Step left forward across right, angling body to right side, hold
- 41-42 Touch right heel forward, step right beside left
- 43-44 Touch left heel forward, step left beside right

TOE TOUCH, TOE TOUCH, POINT RIGHT, POINT LEFT

- 45-46 Touch right toe back, step right beside left
- 47-48 Touch left toe back, step left beside right
- 49-50 Point right toe to right side, step right beside left
- 51-52 Point left toe to left side, step left beside right

STEP BACK, HOLD, STEP BACK, HOLD, STEP BACK HOLD, STEP BACK HOLD

- 53-56 Step right back, hold, step left beside right, hold
- 57-60 Step left back, hold, step right beside left, hold

SWIVEL HEEL, TOE, HEEL, TOE

- 61-64 Swivel heels to left, toe to left, heel to left, toe to center (weight on left)

REPEAT

