

Rat Race

COPPER KNOB
BY STEPHEN BRETZ

拍数: 64 墙数: 2 级数: Improver
编舞者: Ross Brown (ENG) - July 2016
音乐: Rat Race - Baha Men : (CD: Rat Race Soundtrack - Physical CD is cheap on Amazon)



Intro : 64 Counts (Approx. 20 Seconds)

S1: SIDE TOE STRUT, CROSS TOE STRUT. SIDE ROCK, CROSS.

1 – 2 – 3 – 4 Touch right toe to the right, place right heel, touch left toe across right, place left heel.
5 – 6 – 7 – 8 Rock right to the right, recover onto left, cross step right over left, hold for Count 8. (12 O'CLOCK)

S2: SIDE TOE STRUT, CROSS TOE STRUT. SIDE ROCK, CROSS.

1 – 2 – 3 – 4 Touch left toe to the left, place left heel, touch right toe across left, place right heel.
5 – 6 – 7 – 8 Rock left to the left, recover onto right, cross step left over right, hold for Count 8. (12 O'CLOCK)

S3: REVERSE RUMBA BOX.

1 – 2 – 3 – 4 Step right to the right, step left next to right, step back with right, hold for Count 4.
5 – 6 – 7 – 8 Step left to the left, step right next to left, step forward with left, hold for Count 8. (12 O'CLOCK)

S4: MAMBO ½ TURN R. STEP, PIVOT ¼ TURN R, CROSS.

1 – 2 – 3 Rock forward with right, recover onto left, make a ½ turn right stepping forward with right.
4 Hold for Count 4.
5 – 6 – 7 – 8 Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (9 O'CLOCK)

S5: PIGEON TOE STEPS; RIGHT & LEFT.

1 – 2 Step right to the right with toes pointing out, twist right heel and left toe to the right (toes in now).
3 – 4 Twist right toe and left heel to the right (toes out again), hold for Count 4.
5 – 6 Twist left heel and right toe to the left (toes in), twist left toe and right heel to the left (toes out).
7 – 8 Twist left heel and right toe to the left (toes in), hold for Count 8. (9 O'CLOCK)

S6: "ROCKING" PIGEON TOE STEPS; RIGHT, HOLD. LEFT, HOLD. RIGHT, LEFT. RIGHT, LEFT.

1 – 2 Twist right toe and left heel to the right (toes out), hold for Count 2.
3 – 4 Twist left heel and right toe to the left (toes in), hold for Count 4.
5 – 6 Twist right toe and left heel to the right (toes out), twist left heel and right toe to the left (toes in).
7 – 8 Repeat Counts 5 – 6 of this Section. [Weight ends on Left] (9 O'CLOCK)

S7: BACK ROCK, SCUFF, SIDE. COASTER STEP.

1 – 2 – 3 – 4 Rock back with right, recover onto left, scuff right foot past left, step right to the right.
5 – 6 – 7 – 8 Step back with left, step right next to left, step forward with left, hold for Count 8. (9 O'CLOCK)

S8: MAMBO ½ TURN R. STEP, PIVOT ¼ TURN R, CROSS.

1 – 2 – 3 Rock forward with right, recover onto left, make a ½ turn right stepping forward with right.
4 Hold for Count 4.
5 – 6 – 7 – 8 Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (6 O'CLOCK)

END OF DANCE!

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