

The Race

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Jan van den Bos (NL)
音乐: The Race Is On - Sawyer Brown



CROSS ROCK, RECOVER, STEP ¼ RIGHT, HOLD, PIVOT TURN ½ RIGHT, STEP, HOLD (9:00)

- 1-4 Right foot cross rock over left foot, recover on left foot, right foot step to right side ¼ turn right, hold
5-8 Left foot step forward, pivot ½ right weight to right foot, left foot step forward, hold

STEP TURN ¼ LEFT, CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, BEHIND (12:00)

- 1-4 Turn ½ left step right foot back, turn ¼ left step left foot to left, right foot cross rock over left foot, recover on left foot
5-8 Right foot step to right side, left foot step across right foot, right foot step to right side, left foot cross behind right foot

SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD (12:00)

- 1-4 Right foot step to side, recover on left foot, right foot step across left foot, hold
5-8 Left foot step to side, recover on right foot, left foot step across right foot, hold

SIDE ROCK, RECOVER ¼ TURN LEFT, STEP, TOUCH, BACK WALK, TOUCH (9:00)

- 1-4 Right foot step to side, recover on left foot with ¼ turn left, right foot step forward, left foot touch beside right foot
5-8 Left foot step back, right foot step back, left foot step back, right foot touch beside left foot
Very fast option count 5-8: mash potatoes

SIDE, TOUCH, SIDE, TOUCH, SIDE, BEHIND, ¼ LEFT BACK, HOOK (6:00)

- 1-4 Right foot step to side, left foot touch beside right foot, left foot step to side, right foot touch beside left foot
5-8 Right foot step to side, left foot cross step behind right foot, turn ¼ left right foot step back, left foot hook across right foot

LOCK STEP, KICK TURN ½ RIGHT, SLOW COASTER STEP, HOLD (12:00)

- 1-4 Left foot step forward, right foot lock behind left foot, left foot step forward, turn ½ right and right foot kick forward
5-8 Right foot step back, left foot close beside right foot, right foot step forward, hold

GRAPEVINE ¼ TURN LEFT, SCUFF, PIVOT TURN ½ LEFT, SIDE, HOLD (3:00)

- 1-4 Left foot step to side, right foot cross step behind left foot, turn ¼ left and left foot step forward, right foot scuff forward
5-8 Right foot step forward, pivot ½ left weight to left foot, right foot step to side, hold

CROSS ROCK BACK, RECOVER, ¼ TURN LEFT STEP, HOLD, TRAVELING SUGAR FOOT (12:00)

- 1-4 Left foot cross step behind right foot, recover on right foot, turn ¼ left and left foot step forward, hold
5-6 Swing left heel right & right toe touch beside left foot, swing left toe right & right heel touch beside left foot
7-8 Swing left heel right & right toe touch beside left foot, swing left toe right & right heel touch beside left foot

STOMP, ½ LEFT HEEL BOUNCE TURN (6:00), (½ TURN LEFT DURING THREE HEEL BOUNCES)

- 1&2& Right foot stomp forward, lift heels (begin turn left), heels down, lift heels (turn further)
3&4 Heels down, lift heels (finish turn), heels down (weight to left foot)

REPEAT
