

# Rat Race

拍數: 64                      牆數: 2                      級數: Improver  
編舞者: Ross Brown (ENG) - July 2016  
音樂: 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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Last Update - 9th July 2016

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