

# A Rat Race

拍數: 32      牆數: 4      級數: Improver  
編舞者: Joyce Nicholas (MY) - June 2008  
音樂: Rat Race - Baha Men : (Rat Race Soundtrack)



Count in: Start 16 counts into track on vocals

## Section 1

### Right Sailor, Left Sailor, Kick Ball Step, Kick Step x 2

1&2      Cross R behind L, Step L to left side. Step R to place.  
3&4      Cross L behind R, Step R to right side, Step L to place  
5&6      Kick R forward, Step R beside L, Step forward left  
&7&      Low kick R forward, step on R, Low kick L forward, step on L (12.00)

## Section 2

### Cross Samba x 2, Step ½ Turn Step, Forward Mambo

1&2      Cross R over L, Rock L to left side, Recover weight to R  
3&4      Cross L over R, Rock R to Right side, Recover weight to L  
5&6      Step forward on R, Pivot ½ Turn L, Step forward on R  
7&8      Rock forward on L, Recover weight on R, Step back on L (6.00)

## Section 3

### Sailor Step 14 Turn R, Left & Right Side Mambo, ¼ & ½ Turn Hitches with Claps

1&2      Cross Step R behind left, Turn ¼ R with small step L, Step R in place  
3&4      Rock L to left side, Recover on R, Step L together  
5&6      Rock R to right side, Recover on L, Step R together  
&7      Make a ¼ turn left, Step forward on L, Hitch R Knee and clap,  
&8      Make a ½ turn left, Step back on R, Hitch L knee and clap (12.00)

## Section 4

### Side together ¼ turn, Chasse Right, Coaster Step, Side Mambo with touch

1&2      Step L to left side, Close R to left, making ¼ turn L step L foot forward  
3&4      Step R to right side, Close L beside right, Step R to right side  
5&6      Step back on L, Close R beside L, Step forward on L  
7&8      Rock R to right side, Recover weight on L, Touch right beside L (9.00)

## Begin Again

One Restart: On 6th wall (9.00), Restart after 1-8 count in Section 1

Ending: You will finish dance during Section 2 (Cross Samba x 2) count 1-4, then Cross R over L, Unwind ¾ Turn L to face front.....

“ Life maybe a Rat Race, but Dancing keeps you sane.....”