

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.....”