

# Rat in Mi' Kitchen

拍數: 32      牆數: 4      級數: Improver  
編舞者: Rachael Young (UK) & Tracy Clark-Aldis - October 2010  
音樂: Rat In Mi Kitchen - UB40



Long intro start on "There's a rat"

## MAMBO R FORWARD, MAMBO L BACK, JAZZBOX ¼ R TURN

1&2      Mambo right foot forward, Recover next to left, Step Right in Place  
3&4      Mambo left back, recover left in place, Step left in place  
5-6      Cross right over left, step left back  
7-8      Turning right ¼, step right to right side, step left beside right.

## SWIVELS RIGHT, SWIVELS LEFT,

1&2      Swivel both heels right, Swivel both toes right, Swivel both heels right  
3&4      Swivel both heels left, Swivel both toes left, Swivel both heels right

## TWO SYNCOPATED ¼ MONTEREY TURNS RIGHT

1&      Point right toe to side, Turning ¼ right step right beside left  
2&      Point left toe to side, step left in place  
3&      Point right toe to side, Turning ¼ right step right beside left  
4      Point left toe to side

## LEFT SAILOR STEP, STEP, ½ PIVOT TURN, TRIPLE ½ TURN, LEFT COASTER STEP

1&2      Left step back, right beside left, left step forward  
3-4      Step right forward, pivot half turn over left shoulder  
5&6      Triple right-left-right half turn (Turn-it-round over L shoulder backwards)  
7&8      Left step back, right beside left, left step forward

## TWO SHUFFLES FORWARD, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS

1&2      Right step forward, left step behind right, right step forward  
3&4      Left step forward, right step behind left, left step forward  
5&6      Rock right to right side, recover on left, cross right over left.  
7&8      Rock left to left side, recover on right, cross left over right.

Start Again

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