Count: 64
Wand: 2
Ebene: Improver
Choreograf/in: Ross Brown (ENG) - July 2016
Musik: 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 $1 ⁄ 2$ TURN R. STEP, PIVOT $1 ⁄ 4$ TURN R, CROSS.
1-2-3 Rock forward with right, recover onto left, make a $1 / 2$ turn right stepping forward with right.
$4 \quad$ Hold for Count 4.
5-6-7-8 Step forward with left, pivot a $1 / 4$ 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 <br> 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 <br> 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 - $8 \quad$ 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 $1 ⁄ 2$ TURN R. STEP, PIVOT $1 ⁄ 4$ TURN R, CROSS.
1-2-3 Rock forward with right, recover onto left, make a $1 / 2$ turn right stepping forward with right.
$4 \quad$ Hold for Count 4.
5-6-7-8 Step forward with left, pivot a $1 / 4$ turn right, cross step left over right, hold for Count 8. (6 O'CLOCK)

## END OF DANCE!

Contact: ross-brown@hotmail.co.uk
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