

Like a Race

拍数: 32 墙数: 4 级数: Improver
编舞者: Ole Jacobson (DE) & Nina K. (DE) - July 2025
音乐: It's A Race - Chris RB : (LD Short Version)



Note: The dance begins after 16 counts with the singing

(Sec.1) point r, cross touch, point r, close, point l, toe back, heel fwd, coaster step

1-2 RF touch to the right - RF touch in front of LF
3&4 RF touch to the right - RF next to LF - LF touch to the left
5-6 LF tap back (tap only the toes) – L-Heel tap forwards
7&8 LF step back – RF next to LF – LF step forward (12:00)

(Sec.2) step, recover, shuffle in place full turn r (or coaster step), step, recover, shuffle back ½ turn l

1-2 RF step forward – Shift weight to LF
3&4 Cha Cha on the spot, with a full R-turn (r-l-r) (or coaster step)
5-6 LF step forward – Shift weight to RF
7& ¼ turn l, LF step to the left (09:00) - RF next to LF
8 ¼ turn l, LF step forward (06:00)

(Sec.3) step, ¼ turn l, cross, side, heel, close, cross, side, behind, side, cross

1-2 RF step forward - ¼ turn l (03:00)
3&4 RF cross over LF – LF step to the left – Touch R-Heel diagonally forward to the right
&5-6 RF next to LF - LF cross over RF – RF step to the right
7&8 LF cross behind RF – RF step to the right – LF cross over RF

Finish: on Count “7&8” coaster step with ¼ turn l (ending 12:00)

(Sec.4) Side, behind, side, heel, close, cross, ¼ turn r, step ¼ turn r, shuffle fwd

1-2 RF step to the right – LF behind RF
&3 RF small step to the right – L-Heel tap diagonally to the left front
&4 LF next to RF - RF cross over LF
5-6 ¼ turn r, LF step back (06:00) - ¼ turn r, RF step forward (09:00)
7&8 LF step forward - RF next to LF - LF step forward

... and start over