

# The Race

拍數: 68      牆數: 2      級數: Intermediate  
編舞者: Jan van den Bos (NL)  
音樂: The Race Is On - Sawyer Brown



## CROSS ROCK, RECOVER, STEP ¼ RIGHT, HOLD, PIVOT TURN ½ RIGHT, STEP, HOLD (9:00)

- 1-4 Right foot cross rock over left foot, recover on left foot, right foot step to right side ¼ turn right, hold  
5-8 Left foot step forward, pivot ½ right weight to right foot, left foot step forward, hold

## STEP TURN ¼ LEFT, CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, BEHIND (12:00)

- 1-4 Turn ½ left step right foot back, turn ¼ left step left foot to left, right foot cross rock over left foot, recover on left foot  
5-8 Right foot step to right side, left foot step across right foot, right foot step to right side, left foot cross behind right foot

## SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD (12:00)

- 1-4 Right foot step to side, recover on left foot, right foot step across left foot, hold  
5-8 Left foot step to side, recover on right foot, left foot step across right foot, hold

## SIDE ROCK, RECOVER ¼ TURN LEFT, STEP, TOUCH, BACK WALK, TOUCH (9:00)

- 1-4 Right foot step to side, recover on left foot with ¼ turn left, right foot step forward, left foot touch beside right foot  
5-8 Left foot step back, right foot step back, left foot step back, right foot touch beside left foot  
**Very fast option count 5-8: mash potatoes**

## SIDE, TOUCH, SIDE, TOUCH, SIDE, BEHIND, ¼ LEFT BACK, HOOK (6:00)

- 1-4 Right foot step to side, left foot touch beside right foot, left foot step to side, right foot touch beside left foot  
5-8 Right foot step to side, left foot cross step behind right foot, turn ¼ left right foot step back, left foot hook across right foot

## LOCK STEP, KICK TURN ½ RIGHT, SLOW COASTER STEP, HOLD (12:00)

- 1-4 Left foot step forward, right foot lock behind left foot, left foot step forward, turn ½ right and right foot kick forward  
5-8 Right foot step back, left foot close beside right foot, right foot step forward, hold

## GRAPEVINE ¼ TURN LEFT, SCUFF, PIVOT TURN ½ LEFT, SIDE, HOLD (3:00)

- 1-4 Left foot step to side, right foot cross step behind left foot, turn ¼ left and left foot step forward, right foot scuff forward  
5-8 Right foot step forward, pivot ½ left weight to left foot, right foot step to side, hold

## CROSS ROCK BACK, RECOVER, ¼ TURN LEFT STEP, HOLD, TRAVELING SUGAR FOOT (12:00)

- 1-4 Left foot cross step behind right foot, recover on right foot, turn ¼ left and left foot step forward, hold  
5-6 Swing left heel right & right toe touch beside left foot, swing left toe right & right heel touch beside left foot  
7-8 Swing left heel right & right toe touch beside left foot, swing left toe right & right heel touch beside left foot

## STOMP, ½ LEFT HEEL BOUNCE TURN (6:00), (½ TURN LEFT DURING THREE HEEL BOUNCES)

- 1&2& Right foot stomp forward, lift heels (begin turn left), heels down, lift heels (turn further)  
3&4 Heels down, lift heels (finish turn), heels down (weight to left foot)

REPEAT

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