

Rat Race

64 Count, 2 Wall, Improver

Choreographer: Ross Brown (UK) Jul 2016

Choreographed to: Rat Race by Baha Men.

CD: Rat Race Soundtrack

Track: 3:37m – 190bpm**Intro: 64 Counts (Approx. 20 Seconds)****Section 1 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)

Section 2 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)

Section 3 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)

Section 4 Mambo ½ Turn R. Step, Pivot ¼ Turn R, Cross.

1 – 2 – 3 Rock forward with right, recover onto left, make a ½ turn right stepping forward with right.
4 Hold for Count 4.
5 – 6 – 7 – 8 Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (9 o'clock)

Section 5 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 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 out).
7 – 8 Twist left heel and right toe to the left (toes in), hold for Count 8. (9 o'clock)

Section 6 '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 Repeat Counts 5 – 6 of this Section. [Weight ends on Left] (9 o'clock)

Section 7 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)

Section 8 Mambo ½ Turn R. Step, Pivot ¼ Turn R, Cross.

1 – 2 – 3 Rock forward with right, recover onto left, make a ½ turn right stepping forward with right.
4 Hold for Count 4.
5 – 6 – 7 – 8 Step forward with left, pivot a ¼ turn right, cross step left over right, hold for Count 8. (6 o'clock)

End Of Dance!
