

## **Like A Race**



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Improver Level Dance.

Choreographed by: Ole Jacobson (DE) & Nina K (DE) Jul 2025

Choreographed to: Life Is A Race by Chrish RB

Intro: 16 Counts. Start at approx 10 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	POINT, CROSS TOUCH, POINT, CLOSE, POINT, 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, L Heel tap forwards
7&8	LF step back, RF next to LF, LF step forward (12:00)
SEC 2	ROCK, FULL TRIPLE TURN, ROCK, SHUFFLE BACK ½ TURN
1-2	RF step forward, Shift weight to LF
3&4	½ turn R RF step forward, ½ turn R LF next to RF, RF step forward (12:00)
5-6	LF step forward, Shift weight to RF
7&	1/4 turn L LF step to the left, RF next to LF, 1/4 turn L LF step forward (6:00)
SEC 3	STEP, 1/4 TURN, CROSS, SIDE, HEEL, CLOSE, CROSS, SIDE, BEHIND, SIDE, CROSS
1-2	RF step forward, ¼ turn L (3:00)
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3&4	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right
3&4 &5-6	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right
3&4	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right
3&4 &5-6	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right
3&4 &5-6 7&8	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right LF cross behind RF, RF step to the right, LF cross over RF
3&4 &5-6 7&8 SEC 4	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right LF cross behind RF, RF step to the right, LF cross over RF  SIDE, BEHIND, SIDE, HEEL, CLOSE, CROSS, ¼ BACK, ¼ STEP, SHUFFLE FWD
3&4 &5-6 7&8 <b>SEC 4</b> 1-2	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right LF cross behind RF, RF step to the right, LF cross over RF  SIDE, BEHIND, SIDE, HEEL, CLOSE, CROSS, ¼ BACK, ¼ STEP, SHUFFLE FWD RF step to the right, LF behind RF
3&4 &5-6 7&8 <b>SEC 4</b> 1-2 &3	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right LF cross behind RF, RF step to the right, LF cross over RF  SIDE, BEHIND, SIDE, HEEL, CLOSE, CROSS, ¼ BACK, ¼ STEP, SHUFFLE FWD RF step to the right, LF behind RF RF small step to the right, L-Heel tap diagonally to the left front LF next to RF, RF cross over LF
3&4 &5-6 7&8 <b>SEC 4</b> 1-2 &3 &4	RF cross over LF, LF step to the left, Touch R-Heel diagonally forward to the right RF next to LF, LF cross over RF, RF step to the right LF cross behind RF, RF step to the right, LF cross over RF  SIDE, BEHIND, SIDE, HEEL, CLOSE, CROSS, ¼ BACK, ¼ STEP, SHUFFLE FWD RF step to the right, LF behind RF RF small step to the right, L-Heel tap diagonally to the left front

