

Start 16 counts into track on vocals

**Right Sailor, Left Sailor, Kick Ball Step, Kick Step x 2**

- 1&2 Cross R behind L, Step L to left side. Step R to place.  
3&4 Cross L behind R, Step R to right side, Step L to place  
5&6 Kick R forward, Step R beside L, Step forward left  
&7& Low kick R forward, step on R, Low kick L forward, step on L (12.00)

**Cross Samba x 2, Step ½ Turn Step, Forward Mambo**

- 1&2 Cross R over L, Rock L to left side, Recover weight to R  
3&4 Cross L over R, Rock R to Right side, Recover weight to L  
5&6 Step forward on R, Pivot ½ Turn L, Step forward on R  
7&8 Rock forward on L, Recover weight on R, Step back on L (6.00)

**Sailor Step 14 Turn R, Left & Right Side Mambo, ¼ & ½ Turn Hitches with Claps**

- 1&2 Cross Step R behind left, Turn ¼ R with small step L, Step R in place  
3&4 Rock L to left side, Recover on R, Step L together  
5&6 Rock R to right side, Recover on L, Step R together  
&7 Make a ¼ turn left, Step forward on L, Hitch R Knee and clap,  
&8 Make a ½ turn left, Step back on R, Hitch L knee and clap (12.00)

**Side together ¼ turn, Chasse Right, Coaster Step, Side Mambo with touch**

- 1&2 Step L to left side, Close R to left, making ¼ turn L step L foot forward  
3&4 Step R to right side, Close L beside right, Step R to right side  
5&6 Step back on L, Close R beside L, Step forward on L  
7&8 Rock R to right side, Recover weight on L, Touch right beside L (9.00)

**One Restart:**

On 6<sup>th</sup> wall (9.00), Restart after 1-8 count in Section 1

**Ending:**

You will finish dance during Section 2 (Cross Samba x 2) count 1-4, then Cross R over L,  
Unwind ¾ Turn L to face front

“ Life maybe a Rat Race, but Dancing keeps you sane.....”