

# Rat Race

<b>Improver</b>	<b>2 Wall Line Dance</b>	<b>64 Counts</b>
Choreographer :	Ross Brown (UK) <a href="mailto:ross-brown@hotmail.co.uk">ross-brown@hotmail.co.uk</a>	
Choreographed To :	Rat Race by Baha Men [Length – 3:37]	
CD :	Rat Race Soundtrack (190 BPM) – <i>Physical CD is cheap on Amazon</i>	
Intro :	64 Counts (Approx. 20 Seconds)	

## **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)

## **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)

## **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)

## **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)

## **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)

## **“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)

## **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)

## **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! 😊