

# A Rat Race

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Intermediate

**Choreographer:** Joyce Nicholas (June 08)

**Music:** Rat Race by Baha Men (Rat Race Soundtrack) 128kbps

**Count in: Start 16 counts into track on vocals**

## Section 1

**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)

## Section 2

**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)

## Section 3

**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)

## Section 4

**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)

**Begin Again**

**One Restart: On 6th 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  $\frac{3}{4}$  Turn L to face front.....**

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