

# THE RACE

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**Count:** 68

**Wall:** 2

**Level:** intermediate

**Choreographer:** Jan van den Bos

**Music:** The Race Is On by Sawyer Brown

## **CROSS ROCK, RECOVER, STEP $\frac{1}{4}$ RIGHT, HOLD, PIVOT TURN $\frac{1}{2}$ RIGHT, STEP, HOLD (9:00)**

- 1-4** Right foot cross rock over left foot, recover on left foot, right foot step to right side  $\frac{1}{4}$  turn right, hold
- 5-8** Left foot step forward, pivot  $\frac{1}{2}$  right weight to right foot, left foot step forward, hold

## **STEP TURN $\frac{3}{4}$ LEFT, CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, BEHIND (12:00)**

- 1-4** Turn  $\frac{1}{2}$  left step right foot back, turn  $\frac{1}{4}$  left step left foot to left, right foot cross rock over left foot, recover on left foot
- 5-8** Right foot step to right side, left foot step across right foot, right foot step to right side, left foot cross behind right foot

## **SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD (12:00)**

- 1-4** Right foot step to side, recover on left foot, right foot step across left foot, hold
- 5-8** Left foot step to side, recover on right foot, left foot step across right foot, hold

## **SIDE ROCK, RECOVER $\frac{1}{4}$ TURN LEFT, STEP, TOUCH, BACK WALK, TOUCH (9:00)**

- 1-4** Right foot step to side, recover on left foot with  $\frac{1}{4}$  turn left, right foot step forward, left foot touch beside right foot
- 5-8** Left foot step back, right foot step back, left foot step back, right foot touch beside left foot

**Very fast option count 5-8: mash potatoes**

## **SIDE, TOUCH, SIDE, TOUCH, SIDE, BEHIND, $\frac{1}{4}$ LEFT BACK, HOOK (6:00)**

- 1-4** Right foot step to side, left foot touch beside right foot, left foot step to side, right foot touch beside left foot
- 5-8** Right foot step to side, left foot cross step behind right foot, turn  $\frac{1}{4}$  left right foot step back, left foot hook across right foot

## **LOCK STEP, KICK TURN $\frac{1}{2}$ RIGHT, SLOW COASTER STEP, HOLD (12:00)**

**1-4** Left foot step forward, right foot lock behind left foot, left foot step forward, turn  $\frac{1}{2}$  right and right foot kick forward

**5-8** Right foot step back, left foot close beside right foot, right foot step forward, hold

### **GRAPEVINE $\frac{1}{4}$ TURN LEFT, SCUFF, PIVOT TURN $\frac{1}{2}$ LEFT, SIDE, HOLD (3:00)**

**1-4** Left foot step to side, right foot cross step behind left foot, turn  $\frac{1}{4}$  left and left foot step forward, right foot scuff forward

**5-8** Right foot step forward, pivot  $\frac{1}{2}$  left weight to left foot, right foot step to side, hold

### **CROSS ROCK BACK, RECOVER, $\frac{1}{4}$ TURN LEFT STEP, HOLD, TRAVELING SUGAR FOOT (12:00)**

**1-4** Left foot cross step behind right foot, recover on right foot, turn  $\frac{1}{4}$  left and left foot step forward, hold

**5-6** Swing left heel right & right toe touch beside left foot, swing left toe right & right heel touch beside left foot

**7-8** Swing left heel right & right toe touch beside left foot, swing left toe right & right heel touch beside left foot

### **STOMP, $\frac{1}{2}$ LEFT HEEL BOUNCE TURN (6:00), ( $\frac{1}{2}$ TURN LEFT DURING THREE HEEL BOUNCES)**

**1&2&** Right foot stomp forward, lift heels (begin turn left), heels down, lift heels (turn further)

**3&4** Heels down, lift heels (finish turn), heels down (weight to left foot)

### **REPEAT**