

PRIDE IN THE BACKSTRETCH

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Count: 68

Wall: 4

Level: intermediate straight rhythm

Choreographer: Horst Wiese

Music: The Race Is On by Sawyer Brown

HEEL TAPS RIGHT, ¼ MONTEREY TURN RIGHT, HOLD

- 1-4 Stepping right foot to right side, raise right heel and tap it down 4 times
- 5-6 On ball of left pivot ¼ turn right stepping right beside left, touch left to left side
- 7-8 Step left beside right, hold

2X ROCK STEP ROCK (RIGHT & LEFT)

- 1-2 Rock forward on right, rock back onto left
- 3-4 Rock forward on right, hold
- 5-6 Rock forward on left, rock back onto right
- 7-8 Rock forward on left, hold

REPEAT ALL OF THAT

- 17-32 Repeat 1-16

VINE RIGHT WITH ½ TURN RIGHT, BRUSH, VINE LEFT, ¼ TURN LEFT

- 1-2 Step to the right on right foot, step left foot behind right foot
- 3 On ball of left pivot ¼ turn right & step right foot forward
- 4 On ball of right pivot ¼ turn right & brush right foot forward
- 5-6 Step to the left on left foot, step right foot behind left foot
- 7-8 Step to the left on left foot with ¼ turn left, step right foot forward

½ TURN LEFT, ¼ TURN LEFT, BEHIND, ¼ TURN RIGHT, SHUFFLE LEFT, STOMP

- 1 Pivot ½ turn left
- 2 Make ¼ turn left stepping right to right side
- 3-4 Step left foot behind right foot, step right to right side with ¼ turn right
- 5-6 Step left foot forward, slide right foot beside left foot
- 7-8 Step left foot forward, stomp with right foot beside left

MODIFIED APPLE JACKS

- 1-4** Taking weight on left heel and right toe - twist both toes to the left and then back to center & repeat
- 5-8** Change weight to right heel and left toe - twist both toes to the right and then back to center & repeat
- 9-12** Change weight to left heel and right toe - twist both toes to the left and then back to center & repeat

JAZZ BOX TWICE

- 1-2** Cross step right over left, step back on left
- 3-4** Step right beside left, step onto left in place
- 5-6** Cross step right over left, step back on left
- 7-8** Step right beside left, stomp onto left in place

REPEAT

When using the song "Six Days On The Road", leave out counts 9-12 from the "modified apple jacks"