

Rat in Mi' Kitchen

LINEDANCE.COM

Count: 32

Wall: 4

Level: Improver

Choreographer: Rachael Young & Tracy Clark- Alldis. (Oct 2010)

Music: There's a Rat in mi' Kitchen by UB40

Long intro start on "There's a rat"

MAMBO R FORWARD, MAMBO L BACK, JAZZBOX ¼ R TURN

- 1&2** Mambo right foot forward, Recover next to left, Step Right in Place
- 3&4** Mambo left back, recover left in place, Step left in place
- 5-6** Cross right over left, step left back
- 7-8** Turning right ¼, step right to right side, step left beside right.

SWIVELS RIGHT, SWIVELS LEFT,

- 1&2** Swivel both heels right, Swivel both toes right, Swivel both heels right
- 3&4** Swivel both heels left, Swivel both toes left, Swivel both heels right

TWO SYNCOPATED ¼ MONTEREY TURNS RIGHT

- 1&** Point right toe to side, Turning ¼ right step right beside left
- 2&** Point left toe to side, step left in place
- 3&** Point right toe to side, Turning ¼ right step right beside left
- 4** Point left toe to side

LEFT SAILOR STEP, STEP, ½ PIVOT TURN, TRIPLE ½ TURN, LEFT COASTER STEP

- 1&2** Left step back, right beside left, left step forward
- 3-4** Step right forward, pivot half turn over left shoulder
- 5&6** Triple right-left-right half turn (Turn-it-round over L shoulder backwards)
- 7&8** Left step back, right beside left, left step forward

TWO SHUFFLES FORWARD, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS

- 1&2** Right step forward, left step behind right, right step forward
- 3&4** Left step forward, right step behind left, left step forward
- 5&6** Rock right to right side, recover on left, cross right over left.

7&8 Rock left to left side, recover on right, cross left over right.

Start Again

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=81032