THE RACE

Choreographers:	**Music:** Dancelife "Bring 4 Smiles to Your Feet", Track 15
Annette & Frank Woodruff	**Footwork:** Opposite except where indicated (*W's footwork in parentheses*)
Rue du Camp, 87	**Rhythm:** Cha **Teaching Tool for Cuban Breaks**
7034 Mons, Belgium	**Phase:** IV+2 (Single Cuban Break, Double Cuban Break)
Tel: 00 32 65 73 19 40	**Release date:**
Fax: 00 32 65 73 19 41	**Time & Speed:** 2:35 at unchanged speed
E-mail: anfrank@skynet.be	**Sequence: Intro - ABC**

INTRODUCTION

1	**BFLY Wait;**	BFLY WALL wt for car noise + 1 meas;

PART A

1 - 2	**Vine 8;;**	Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*); Repeat meas 1 Part A;
3 - 4	**Traveling Door 2x;;**	Rk sd L, rec R, XLif (*W XRif*)/ sd R, XLif (*W XRif*); rk sd R, rec L, XRif (W *XLif*)/sd L, XRif (*W XLif*);
5 - 6	**Side Walks;;**	Narrow BFLY hnds dwn sd L, cl R, sd L/cl R, sd L; cl R, sd L, cl R/ sd L, cl R;
7	**½ Basic;**	Fwd L, rec R, sd L/cl R, sd L;
8	**Whip;**	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R (*W fwd L reachg if of M startg LF trn, fwd & sd R contg LF trn to fc M, sd L/cl R, sd L*) to BFLY COH;
9 - 10	**Vine 8;;**	Rpt meas 1 – 6 Part A;;;;;;
11 - 12	**Traveling Door 2x;;**	
13 - 14	**Side Walks;;**	
15 - 16	**Sandstep 2x;;**	Tch L toe to instep of R, tch L heel, XLif (*W Xif*)/sd R, XLif (*W Xif*); Tch R toe to instep of L, tch R heel, XRif (*W Xif*)/sd L, XRif (*W Xif*);
17	**½ Basic;**	Rpt meas 7 – 10 Part A to OP LOD;;;;
18	**Whip;**	
19 - 20	**Vine 8 to OPEN;;**	
21 - 22	**Sliding Door 2x;;**	Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif (*W XRif/sd L, XRif*) to LOP LOD; Sd apt R, rec L, chg sd bhd W XRif/sd L/ XRif (*W XLif/sd R, XLif*) to OP LOD;

PART B

1 - 2	**Basic Forward & Back;;**	Fwd L, rec R, bk L/lk Rif, bk L; bk R, rec L, fwd R/lk Lif, fwd R;
3	**Walk;**	Fwd L, fwd R, fwd/lk Lib, fwd;
4	**Aida;**	Thru R, sd L trng RF, bk R/lk LIF, bk R to V-BK-TO-BK;
5 - 6	**Switch to 3 Single Cubans;;**	Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (*W Xif*)/rec R, sd L; XRif (*W Xif*)/rec L, sd R, XLif (*W Xif*)/rec R, sd L;
7	**Spot Turn;**	XRif trng LF, rec L contg LF trn, sd R/cl L, sd R to BFLY WALL;
8	**Spot 4 & Time to L STAR;**	XLif stg RF trn, rec R contg to trn RF, compg full RF trn sd L, rec R (*W XRib, rec L, sd R/cl L, sd R*) to L STAR WALL; [both now have L ft free]
9 - 10	**4 Split Cubans;;**	XLif (*W Xif*)/rec R, sd L to R STAR, XRif (*W Xif*)/rec L, sd R to L STAR; rpt meas 9 Part B;
11	**Time 4 & Spot;**	XLib, rec R, sd L, rec R (*W XLif stg RF trn, rec R contg to trn RF, compg full RF trn sd L/cl R, sd L*) to BFLY WALL; [now lead ft free]

12	**Break to OPEN;**	Swvlg sharply on R bk L to OP LOD, rec R, fwd L/lk Rib, fwd L;
13 - 14	**Aida to Triple Back Cha;;**	Thru R, sd L trng RF, bk R/lk Lif, bk R; bk L/lk Rif, bk L, bk R/lk Lif, bk R to V-BK-TO-BK;
15	**Switch Cross;**	Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif/sd R, XLif lookg RLOD;
16	**Crab Walk Ending;**	Sd R, XLif, sd R/cl L, sd R;
17 - 18	**Double Cubans 2x;;**	XLif/rec R, sd L/rec R, XLif./rec R, sd L *(W also Xif)*; XRif/rec L, sd R/rec L, XRif./rec L, sd R *(W also Xif);*
19	**Thru Vine 4;**	Thru L, sd R, XLib *(W Xib)*, sd R;
20	**New Yorker to BFLY;**	Thru L w/ straight leg trng to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L to BFLY WALL;
21 - 22	**Double Cubans 2x;;**	XRif/rec L, sd R/rec L, XRif./rec L, sd R *(W also Xif);* XLif/rec R, sd L/rec R, XLif./rec R, sd L *(W also Xif)*;
23	**Fan;**	Bk R, rec, XRif/rec L, sd R *(W fwd L into M, rec R trng 1/4 LF & relg L hnd, bk L/lk R, bk L)* to FAN pos WALL;
24 - 25	**Hockey Stick;;**	Fwd L, rec R, XLib/cl R, sm sd L raisg jnd ld hnds to form window *(W cl R, fwd L, fwd R/lk Lib, fwd R)*; sm bk R, rec L, lwrg hnds fwd R/lk Lib, fwd R *(W fwd L, fwd R & spiral LF 5/8 undr jnd hnds, bk L, lk Rif, bk L)* to LOP-FCG DRW;

PART C

1	**New yorker;**	Thru L w/ straight leg trng to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L;
2 - 3	**Crab Walks;;**	XRif, sd L, XRif/sd L, XRif; sd L, XRif, sd L/cl R, sd L;
4	**Crab Walk 4;**	XRif *(W Xif)*, sd L, XRif *(W Xif)*, sd L;
5	**Spot Turn;**	XRif *(W Xif)* stg RF trn, rec L contg to trn RF, compg full RF trn sd R/cl L, sd R;
6 - 7	**Vine 8;;**	Sd L, XRib *(W XLib)*, sd L, XRif *(W XLif)*; Repeat meas 6 Part C;
8	**Cucaracha L;**	Sd L w/ partial wgt, rec R, cl L/ip R, ip L;
9	**Whip;**	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R *(W fwd L reachg if of M startg LF trn, fwd & sd R contg LF trn to fc M, sd L/cl R, sd L)* to BFLY COH;
10	**Open Break;**	Raisg trl hnd straight up apt L, rec R, sd L/cl R, sd L;
11	**Whip;**	Rpt meas 9 Part C to BFLY WALL; rpt meas10 Part C;
12	**Open Break;**	
13	**Spot Turn;**	XRif trng LF, rec L contg LF trn, sd R/cl L, sd R to BFLY WALL;
14 - 15	**Vine 8;;**	Rpt meas 6-7 Part C;;
16 - 17	**Traveling Door 2x;;**	Rk sd L, rec R, XLif *(W XRif)*/ sd R, XLif *(W XRif)*; rk sd R, rec L, XRif (W *XLif)*/sd L, XRif *(W XLif)*;
18	**Side Walks ½ Close/Point**	Narrow BFLY hnds dwn sd L, cl R, sd L/cl R, sd L/cl R, pt L to sd;

The original music is **by Yello**, a popular Swiss electronica band consisting of Dieter Meier and Boris Blank. They are probably best known for their singles "The Race" and "Oh Yeah", which feature a mix of electronic music and manipulated vocals. "The Race was chosen as the theme music for the German Eighties pop show Formel Eins. It was also used in the movie *Nuns on the Run*. and in The Cutting Edge as the music for the main skaters' short program. *The Race* also featured in the Pink Panther movie of 2006.

The Race

Shout! (shout!)
Count on me I'm gonna win The Race
Count on me I'm gonna win The Race
Room-dah-bee-boom the whippering dong
Room-dah-bee-boom the whippering dong

Now shut the door keep down to south
Shut the door keep down to south
Shut the door keep down to south

Not any track is turning but The Race is in my head
I'm attacking the illusion but the stopping drives me mad

Time is running out and the illusion fades away
Time is running out another day is on its way

Another sun was shining and he knew he wasn't great
He didn't ever talk about he knew he couldn't wait

Are you ever gonna push me let me run and let me do
I need it and I'm ready and I haven't got a clue

Not any track is turning but The Race is in my head
I'm attacking the illusion but the stopping drives me mad