

MICHAEL BARR'S :

# OFF TO THE RACES

*Description:* 64 Count - 4 Wall Line Dance *Difficulty:* Intermediate/Advanced  
*Choreographer:* Michael Barr, "A Waltz In Time Productions", San Francisco Bay Area USA 5/97  
*Music:* "Bring It On Down To My House" by Asleep At The Wheel (190 bpm) 64 count lead  
"Sittin' On Go" by Bryan White (168 bpm) 48 count lead  
*Prepared by:* Michael Barr, Instructor/DJ/Choreographer, Phone/fax 530 824-6888  
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**A. STOMP, SIDE, BEHIND, 1/4 TURN LEFT -- STOMP, SIDE, BEHIND, SIDE**

1 - 2 Stomp L heel up; Step L foot side left  
3 - 4 Cross-step R foot behind left; Step L foot forward into 1/4 turn left [facing 9 o'clock]  
5 - 6 Stomp R heel up; Step R foot side right  
7 - 8 Cross-step L foot behind right; Step R foot side right

**B. STOMP, SIDE, BEHIND, 1/4 TURN LEFT -- STOMP, SIDE, BEHIND, SIDE**

**REPEAT SECTION A.** Counts 1 - 8 [end facing 6 o'clock]

**C. STOMP, STEP, STOMP, STEP -- REPEAT**

1 - 2 Stomp L heel up next to right toe; Return L foot side left [shoulder width apart]  
3 - 4 Stomp R heel up next to left toe; Return R foot to center [shoulder width apart]  
5 - 8 **REPEAT COUNTS 1 - 4**

**D. KICK, STEP, STEP, KICK -- STEP, KICK, STEP, STEP**

1 - 2 Kick L foot forward at right diagonal; Return L foot to center  
3 - 4 Step R foot in place; Kick L foot forward at right diagonal  
5 - 6 Return L foot to center; Kick R foot forward at left diagonal  
7 - 8 Return R foot to center; Step L foot in place

**E. STOMP, STEP, STOMP, STEP -- STOMP FORWARD, BRUSH, BACK, TOGETHER**

[Stomp lightly on count 5]

1 - 2 Stomp R heel up next to left toe; Return R foot side right [shoulder width]  
3 - 4 Stomp L heel up next to right toe; Return L foot to center [shoulder width]  
5 - 6 Stomp R foot lightly & slightly forward; Brush L ball of foot slightly forward  
7 - 8 Step L back onto ball of foot; Step R next to left onto ball of foot

**F. STOMP, BRUSH, STEP, STOMP -- BRUSH, 1/4 PIVOT, STEP 1/4 LEFT, STEP 1/4 LEFT**

[Stomp lightly on counts 1, 4 and 8]

1 - 2 Stomp L foot down lightly & slightly forward; Brush R ball of foot forward  
3 - 4 Step slightly back of left heel onto ball of R; Stomp L foot down lightly in place  
5 - 6 Brush R ball of foot forward; Step ball of R foot slightly forward into 1/4 pivot left on ball of left  
7 - 8 Step L 1/4 turn left in place; Stomp R foot lightly forward into 1/4 turn left lifting left heel off floor

*Choreographer's note:* After stomping lightly onto L foot for count 4 the left foot does not have to move off the floor except to lift the heel for the pivot steps. Counts 6-8 executes a tight 3/4 turn to the left facing 9 o'clock.

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## **G. BRUSH, BACK, TOGETHER, STOMP -- BRUSH, STEP, STOMP, BRUSH**

*[Counts 4 and 7 are light stomps] [Counts 2, 3 and 4 resemble a coaster step with a whole count not an '&' count.]*

- 1 - 2 Brush ball of L foot forward; Step L foot back
- 3 - 4 Step R foot back next to left; Stomp L foot down lightly & slightly forward
- 5 - 6 Brush ball of R foot forward; Step ball of R foot next to left
- 7 - 8 Stomp L foot down lightly in place; Brush ball of R foot forward

## **H. ROCK, RETURN, BACK, STEP TOGETHER -- FORWARD, LOCK, FORWARD, STOMP**

*[Count 3 and 4 are best done on the balls of the feet. By stepping forward on count 5 counts 3,4 and 5 resemble a coaster step.]*

- 1 - 2 Rock forward onto R foot; Return onto L in place
- 3 - 4 Step back onto ball of R foot; Step ball of L foot next to right *[your will be stepping back]*
- 5 - 6 Step R forward; Step L foot forward crossing behind right foot *[bend both knees - pop right forward]*
- 7 - 8 Step R forward; Stomp L heel up in place

## **BEGIN AGAIN!!!**

**Music Note:** This dance has a stomp that happens at the end and the beginning of each full pattern (count 64 and count 1). The song, **“Sitting on Go” by Bryan White, from the CD - Between Now and Forever - Asylum Records CD # 9 26253-2** will end on count 1 of the (8th) pattern. This works out nice with a double stomp at the end of the song. This dance is comfortable and fun to songs in the bpm range of 160 to 195. Where I think it becomes most fun is with the fast selection **“Bring It On Down To My House” by Asleep At The Wheel, from their Tribute To Bob Wills CD, Liberty Records CD # 7-81470-2.**

**Choreographer's note:** As you might have noticed I like the words 'lightly and slightly'. The light stomps in the dance are for the sound they make and for balance. Keeping them light makes the steps flow better and really helps with balance. The word 'slightly' is just another way of saying 'small'.