

# Rapper's Delight

Competition Step Sheet

**DIVISION 2 Advanced**

Description: 64 Count, 2 Wall, Funky (Hip-Hop), Non-Country  
Choreographer: Rachael McEnaney  
Music: Rapper's Delight – Grandmaster Flash, Sugarhill & The Sugarhill Gang  
Count-in: 16 counts from start of track (dance begins 16 counts BEFORE vocals start)



## **1 – 8 Ball cross, ¼ turn L, R hitch, step hitch with ¼ turn L, ball step ¼ pivot, R cross, L side, R behind**

- &1 Step ball of left to left side (&), cross right over left as you put left arm down to left side palm flat facing forward looking left (1) 12.00  
2 Make ¼ turn left stepping left to left side (2) bring right arm underneath left with right palm flat facing down (arms now crossed) 9.00  
3 Flick right leg up behind (as if kicking bum) bring back of hands towards each as if clapping back of hands together (3) 9.00  
&4 Step down on right foot hands slap down hitting opposite elbows (&), make ¼ turn left hitching left knee hands back to sides (4) 6.00  
&5,6 Step down on ball of LF (&), step right foot forward (5), pivot ¼ turn left (6) 3.00  
7&8 Cross right over left (7), step left to left side (&), cross right behind left (8) 3.00

## **9-16 Step side L-R-L, touch R, step side R, L sailor step, R behind, ¼ turn L, Close R**

- &1 Making fists with hands & elbows bent: lift right arm up (fist at head height) (&), left to left side hit right hand down as if hitting a drum in front of chest (1) 3.00  
&2 (same with left arm) lift left arm up (fist at head height) (&), step right to right side, hit left hand down as if hitting a drum (2) 3.00  
&3 (same action with both arms) lift both arms up (fists at head height) (&), step left to left side hit both hands down as if hitting drum (3) 3.00  
&4 With elbows bent take both hands out to either side palms open (&), touch right toe next to left put both hands behind back (4) 3.00  
5&6& Step right to right side (5), cross left behind right (&), step right next to left (6), step left to left side (&) 3.00  
7&8 Cross right behind left (7), make ¼ turn left stepping forward on left (&), step right next to left (8) 12.00

## **17-24 Arm movements – both arms: fists out, circle in, hands together, R hitch step, step forward L, 3 runs back R-L-R, ½ turning L sailor.**

- 1&2 With fists clenched elbows bent: lift both arms up fists at head height (1), circle both arms (from elbow to fist) in towards each other (&) continue circling arms in ending with left hand on top of right in front of chest (2) 12.00  
&3 Hitch right knee and hit knee with hands (still on top of each other) (&), step in place with right (3) 12.00  
&4 Take right fist back (as if doing 'hitch a ride') (&), step forward on left drop right fist forward as if hitting drum (4) 12.00  
5&6 Step back on right (5), step back on left (&), step back on right (6) 12.00  
7&8 Cross left behind right (7), make ¼ turn left stepping right next to left (&), make ¼ turn left stepping forward on left (8) 6.00

## **25-32 R kick step, L back rock, L kick step, R touch to side, toe switch L&R, close R, step L to side, close R**

- 1&2& Kick right foot forward (1), step right in place (&), rock back on ball of left (2), recover weight onto right (&) 6.00  
3&4 Kick LF forward (3), step left in place (&), touch right toe to right side (4), 6.00

- &5&6 Step right next to left (&), touch left toe to left side (5), step left next to right (&), touch right toe to right side (6) 6.00
- &7,8 Step RF next to LF (&), take big step to L side with LF (7), step RF next to LF (8)

**33-40 Step side L, R knee hitch, ball stomp, ball step, twist: heel-toe, twist both: heels-toes, L hitch, R point**

- 1,2 Step left to left side (1) (styling: roll right shoulder forward), turn body to face diagonal (7.30) as you hitch right knee slap right knee with left hand (2) 7.30
- &3&4 (still facing diagonal) Step right next to left (&), stomp left foot forward (no weight) (3), step left next to right (&), step forward on right (4) 7.30
- 5& Turn body to face front again as you twist left heel in towards right (5), twist left toe in towards right (&) 6.00
- 6& Twist both heels to right (6), twist both toes to right (&) 6.00
- 7&8 Hitch left knee (7), cross left over right (&), touch right toe to right side (8) 6.00

**41-48 R sailor step, L behind, ¼ turn R, step fwd L, push off L making ¼ turn right stepping R, close L, R coaster step**

- 1&2 Cross RF behind LF (1), step LF next to RF (&), step right to right side (2), 6.00
- 3&4 Cross left behind right (3), make ¼ turn right stepping forward on right (&), step forward on left (4) 9.00
- 5,6 Make ¼ turn right pushing off left foot to step right to right side (5), step left next to right (6) 12.00
- 7&8 Step back on right (7), step left next to right (&), step forward on right (8) 12.00

**48-56 Walk forward L-R, step forward L, pivot ½ turn to right, syncopated lock steps forward**

- 1,2 Step forward on left (1), step forward on right (2) 12.00
- 3,4 Step forward on left (3), pivot ½ turn right (4) 6.00
- 5&6 Step forward on left (5), lock right behind left (&), step forward on left (6) 6.00
- &7&8 Step forward on right (&), lock left behind right (7), step forward on right (&), step forward on left (no weight) (8) 6.00

**57-64 Knee pop, toe switch forward R&L, knee pop, L back, R side, L cross, R side rock cross.**

- &1 Lift heels off floor as you pop both knees forward (&), drop heels to floor (1) 6.00
- &2&3 Step left next to right (&), touch right foot (whole of foot not toe) forward (2), step right next to left (&), touch left foot forward (3) 6.00
- &4 Lift heels off floor as you pop both knees forward (&), drop heels to floor (4) 6.00
- 5&6 Step back on left (5), step right to right side (&), cross left over right (6) 6.00
- 7&8 Rock RF to R side (7), recover weight onto left (&), cross right over left (8) 6.00