

# Rain Against My Window (雨點打在我窗上) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Michael Barr (USA) - 2009年05月  
音乐: I Can't Stand the Rain - Seal : (CD: Soul)



**第一段**      **Touch -1/2 Turn-Touch, Cross, 1/4 Step Back – Full Turn Triple In Place, 2 Walks 點, 1/2, 點, 交叉, 1/4後踏, 原地三步轉圈, 二次走步**

1&2      Touch Right toe side right; Turn ½ left on ball of left foot; Touch Right side right (facing 6 o'clock)  
右足趾右點, 左轉180度左足踏, 右足右點(面向6點鐘)

3–4      Step Right foot in front of left; Turn ¼ right stepping back on Left foot (facing 9 o'clock)  
右足於左足前踏, 右轉90度左足後踏(面向9點鐘)

5&6      Full turn triple: Turn ½ right stepping forward on Right; Step forward on ball of Left; Turn ½ right stepping forward on Right (facing 9 o'clock)  
小三步轉圈: 右轉180度右足前踏, 左足前踏, 右轉180度右足前踏(面向9點鐘)

Note:      An easier variation for counts 5 & 6 would be a coaster step which would take out the full turn.  
5&6      5&6版的簡易版, 以海岸步取代轉圈

Step back on Right foot; Step ball of Left foot next to right; Step Right foot forward  
右足後踏, 左足併踏, 右足前踏

7–8      Walk forward on Left foot; Walk forward on Right foot  
左足前走, 右足前走

**第二段**      **Modified Kick-Ball-Changes – Sycapated Kicks, Back-Lock-Back**  
**調整踢交叉交換, 踢踏踢踏, 後鎖步**

1&      Kick Left forward; Step center on ball of Left  
左足前踢, 左足踏

2&      Step Right foot forward on left diagonal; Step Left foot forward on left diagonal  
右足左斜角前踏, 左足左斜角前踏

3&      Kick Right forward; Step center on ball of Right  
右足前踢, 右足踏

4&      Step Left foot forward on right diagonal; Step Right foot forward on right diagonal  
左足右斜角前踏, 右足右斜角前踏

Note:      Move forward on counts 2& and 4&  
2& 4& 往前移動

5&      Kick Left to right diagonal; Step Left foot to center  
左足右斜角前踢, 左足踏

6&      Kick Right to left diagonal; Step Right foot to center  
右足左斜角前踢, 右足踏

7&      Kick Left to right diagonal; Step Left foot back (beginning of the lock step pattern)  
左足右斜角前踢, 左足後踏(開始後鎖步)

8&      Step Right foot back crossing in front of left (lock); Step Left foot back 右足於左足前鎖踏, 左足後踏

**第三段**      **Rock Back, Return X2 – Chase 1/4 Turn Left, Full Turn Right**  
**後下沉, 回復二次, 左1/4追步, 右轉圈**

1–2      Rock/Step back onto Right foot (push right hip back); Return weight onto Left foot in place 右足後下沉後推臀, 左足回復

- 3-4 Rock back onto Right foot (push right hip back); Return stepping slightly forward on Left foot 右足後下沉後推臀, 左足回復
- 5&6 Step Right forward; Turn ¼ left shifting weight onto left foot; Step Right in front of left (facing 6 o'clock)  
右足前踏, 左轉90度重心在左足, 右足於左足前交叉踏(面向6點鐘)
- Note: Count 6 is a preparation step for your full turn right that comes up next. 第6拍準備開始右轉圈
- 7&8 Turn ¼ right stepping back on Left; Turn ½ right stepping forward on Right; Turn ¼ right stepping Left side left (turn travels to your left) (facing 6 o'clock)  
右轉90度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏

**第四段 Rock Back, Return, Forward, 1/4 Turn Left – Modified Jazz Box & Weave 後下沉, 轉, 前, 左1/4-改良爵士方塊 & 藤步**

- 1-2 Rock/step back onto Right foot (open hips to right diagonal); Return weight onto Left foot in place  
右足後下沉 (右斜角推臀), 左足回復
- 3-4 Step Right foot forward; Turn ¼ left (to left diagonal) taking weight onto Left foot (facing 3 o'clock)  
右足前踏, 左轉90度(面向左斜角)重心至左足(面向3點鐘)
- Note: Try over rotating just a little on the rock back and the ¼ turn left, this will help in taking those steps slowly  
試著以搖滾的方式做些許後下沉和左轉90度, 會讓這4拍舞步跳慢一些
- 5& Step/sweep Right foot in front of left; Step back on Left foot  
右足繞於左足前踏, 左足後踏
- 6& Step Right foot side right and slightly back; Step Left foot in front of right 右足略右後踏, 左足於右足前踏
- 7& Step Right foot side right; Step Left foot behind right  
右足右踏, 左足於右足後交叉踏
- 8& Step Right foot side right; Step Left foot in front of right  
右足右踏, 左足於右足前交叉踏
-