

I Can't Stand The Rain

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hans Palm (SWE) - December 2015
音乐: I Can't Stand The Rain - Björn Skifs : (Album: Back on Track)



Intro: □32 counts, the dance starts on the word "rain" (weight on left foot before start)

No Tags, No Restarts, Simple Ending To Front Wall

S1: □Walk R dragging L or walk R L and kick, ball turn L 3/8, vine L, run x 3 turning ½

This dance has two alternative starts, to adapt to the song and music. You can use just one of the alternatives if you want, or make it more fun by using the one that fits best to the music. Both alternatives end up on count 4 with both feet together, to the left diagonal on the left wall (relative to the starting wall). The dance continues in the same way from count 5.

Alternative 1, "can't stand the rain" and instrumental part

1-3 Walk R (1), drag L slowly to R (2-3)
& Step down on L (ball) slightly passing R and start turning L with weight on L (&) 10:30
4 Continue turn on L (R leaving floor) and place R beside L with weight on both feet (4) 7:30

Alternative 2, "when we were together" etc. (not starting with "rain")

1,2 Walk R (1), walk L (2)
3 Kick R slightly forward (3)
& Step down on R (ball) and start turning L with weight on R (&) 10:30
4 Continue turn on R (L leaving floor) and place L beside R with weight on both feet (4) 7:30
5&6& Cross R over L (5) with body towards 9:00, small step L to side (&), cross R behind L (6), small step L to side (&) (9:00)
7&8 Easy option: Run three small steps R-L-R while turning ½ to L (7&8) 3:00

Styled option: place R in front of L (7), keep R in place while turning L heel ¼ L (&) 6:00, keep weight on L while turning R heel ¼ L, ending with weight on R and L placed in front of R (8) 3:00

S2:□Rock L recover drag L ball cross, side rocks and crosses

1, 2 Rock forward on L (1), recover slightly on R (2) (keep L on the floor)
3 Continue recovering on R while dragging L backwards (3)
&4 Step down on L (ball) slightly behind R (&), cross R over L (4)
5&6& Rock on L to L side (5), recover on R (&), cross L over R (6), rock on R to R side (&)
7&8& Recover on L (7), cross R over L (&), small step on L to L side (8), cross R over L (&)

S3: □Sway/prep, turn "spiral" ½ L, ball cross R over L, side rock L recover, cross hold cross

1, 2 Sway L while turning body slightly to R (prep for L turn) (1), sway back on R (start turning body slightly to L (2)
3 Turn ½ on R with L dragging behind crossed over R (like "spiral" either with L on the floor or slightly above (3) 9:00
&4 Put down L beside R (ball) (&), cross R over L (4)
5&6 Rock L to L side (5), recover on R (&), cross L over R (6)
7&8 Hold (7), small step on R to R side (&), cross L over R (8)

S4:□Sway/prep R ¼ turn L, full turn L on R, L R L, walk ¾ R on four steps

1,2 Sway to R side on R (prep for L turn) (1), recover on L while turning ¼ L (2) 6:00
3&4& Full turn L on R (3), small step forward on L (&), small step forward on R (4), small step forward on L (beside and slightly passing R, at the same time changing to ball of R as support) (&)
5,6,7,8 Walk ¾ circle R on R-L-R-L (5-8) 3:00

ENDING

Dance first three sections (24 counts) and then turn $\frac{1}{4}$ R, ending on R (25) at front wall

Contact: palm.hans@gmail.com
