

Raining Funk

拍数: 64 墙数: 1 级数: Advanced
编舞者: Barry Durand (USA)
音乐: Rain Down - Angie Stone And Eddie Levert



TAP STEPS, ARM CIRCLE, BRUSH, STEP, TURN

- 1 Tap left forward and flick both hands up bent at wrists with arms bent but out in front
- 2 Step left circling both hands at wrists outward a full circle ending with palms up
- 3& Tap right forward and circle wrists out while letting forearms circle at the elbow 2 times
- 4 Step on right while bringing arms down to the sides at end of the circle
- 5 Brush the left forward
- & Step in place left
- 6 Tap right to side
- 7 Cross right over left
- 8 Twist turn to left ending with weight on left

SIDE SCOOT, BODY ROLL WITH ARM ROLL

- 1-2 Step side right while doing a side body roll from ribs to hips
- &3 Replace right with left and step side right
- 4 Do another side body roll while finishing taking weight on right, face front and put both arms out to side bent at the elbow with wrist flexed fingers pointing up
- 5-8 Do an arm roll (like a body roll. You do an arm movement with right as if you are moving your palm up and over a soccer ball. This causes your elbow to lift. Imagine the ball rolling under elbow and shoulder (raise right shoulder on 6), then moving across chest to left shoulder (lower right shoulder and raise left shoulder on 7), then roll through left elbow and drop left palm fingers down and at last minute flick left palm out with fingers up (8)

If you have trouble with the arm roll, just replace with a hip circle or regular body roll

SAILOR STEP, CHEST PUMPS, POINT BALL CHANGE, SHOULDER SHRUGS

- 1&2 Sailor step starting with left turning $\frac{1}{4}$ left (cross behind left, side right, side left) and pushing your chest out as you finish
- &3&4 Contract chest, chest out, contract, chest out. During this chest pump, swivel on your feet $\frac{1}{2}$ turn to right
- 5&6 Point ball change turning $\frac{1}{4}$ right end with feet apart 6:00 (point left foot forward, step on left and moving forward but turning to right a $\frac{1}{4}$ turn on right foot and step with feet apart on left)
- 7&8 Shrug shoulders keeping feet apart and twisting your body left to look over your left shoulder to look at 12:00

SKATERS SPIN DOUBLE TURN

Chest is actually facing 3:00 while body is torqued

- 1-2 Unwind to the right and do a full turn on right foot with left out to side sweeping the floor
- 3&4 Triple step continuing the turn in place making one more turn but finish the turn by stepping slightly forward on ball of left foot (3:00)

MOONWALK BACKWARDS OR MASHED POTATO

- 5 Put weight on right
- 6 Drag left flat to behind and step on left back
- 7 Drag right back and step back on right
- & Ball tap by stepping on left
- 8 Tap right toe forward

You can replace the moonwalk with a Mashed Potato (Moving Scissors) but just end with right tapped

ELECTRIC KICKS, TWIST TURN, HEEL DROPS

- 1&2 Rock forward on right, recover on left pointing right toe right leg straight (like a kick), bring right back and rock on it backwards pointing left toe left leg straight (kick)
- &3 Step on left forward, step forward right weight split equal between left and right
- Body should feel torqued ready to do a twist turn left**
- 4 Transfer weight to right and unwind a full turn left with your left leg in a forward ronde
- 5&6 Continue in left turn and step with left, right, kick left pointed having turned another ½ turn
- Foot is pointing to 9:00 body angled front to about 10:30**
- &7-8 Bring left together to right, bring right foot forward and press on ball of right foot and drop heel to floor 2 times (7-8)

SIDE ROCK BRUSH, KNEE POPS, BODY ISOLATION

Face 12:00

- 1&2& Rock to side left, recover, brush left forward, bring left together
- 3&4 Knee pop by splitting both feet out to side bending knees, bring feet together, brush left forward angled across right
- &5 Cross left over right and step on it, step right to side bringing right ribs to side with arms bent at elbow in front of chest hands about shoulder high in a fist and bring hands to left
- 6 Switch weight to left and bring left ribs left with hands to right
- 7 Switch weight to right leg and arms left but lift left leg (either straight or bent) and keep moving over the right leg turning ¼ turn to right to take full weight on right
- 8 Bring left together with right and bend both legs and collapse body down bent at the waist in a slightly crouched position head bent down

RUNNING MAN, TOE TOUCHES

- & From feet together knees bent bring weight to right foot and raise up on ball of right foot slightly
- 1 Drop weight onto right foot flat and slide left foot back
- & Slide right foot back slightly (kind of like a backwards skip) and take weight on right again bringing left together left knee up
- 2 Bring left foot down taking full weight and at the same time slide right back to toe touch
- & Slide left foot back slightly and take weight on left again bringing right together right knee up
- 3 Bring right foot down and at the same time slide left back
- & Slide right back slightly and take weight on right again bringing left together left knee up
- 4 Slide right back slightly and point left toe back
- The previous move is left back, right back, left back twice**
- 5 Touch left foot forward
- 6 Leaning back slightly, touch left foot back
- &7 Leaning forward, brush left foot forward hopping off the right foot to land with feet crossed right behind left with right tapped and turned ¼ turn to right facing 6:00
- 8 Hold, but bring both arms up slightly bent at elbows and snap fingers

TWIST TURNS AND WALKS

- 1&2 Twist half turn to right with weight on right, step forward left, cross right over left
- 3 Twist a full turn to left weight on right foot
- &4 Step left, right with feet apart
- 5-8 Walk back left, right, left, right

These are not big steps but funky, good time for some shoulder shrug stylings

REPEAT

RESTARTS

For song "Dirty Pop" (not needed for "Rain Down")

On 2nd time through, go through count 48, then turn a ¼ turn left back to 12:00 and restart with count 1

On 4th time through, after 32 counts there is a long hold (about 8 counts) just wiggle there or turn or something for duration of the hold. Then just start where you are (with the electric kicks). Finish this one out, then do the first 16 counts of the dance again and you need an extra 4 counts. So after you do the arm from

right to left on counts 12-16, just do it back from left to right and you will hit the 4 hard counts that are extra.
From here dance just repeats.
