

Catch The Rain

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - February 2008
音乐: Sunshine In the Rain - BWO : (CD: Halcyon Days)



Start 32 counts in during vocals

(1-8) R kick ball change, R & L heel switches, R fwd rock & recover, ½ R shuffle

1&2 Kick R forward, step R together, step L together
3&4& Touch R heel forward, step R together, touch L heel forward, step L together
5-6 Rock R forward, recover weight on L
7&8 Turning ½ right step R forward, step L together, step R forward (6 o'clock)

(9-16) L fwd, ¼ R pivot turn, L cross shuffle, R side rock & recover, R sailor step

1-2 Step L forward, pivot ¼ right
3&4 Cross step L over R, step R side, cross step L over R
5-6 Rock R side, recover weight on L
7&8 Cross step R behind L, step L side, step R side (9 o'clock)

(17-24) L toes back, ½ L unwind, R fwd, ¼ L pivot turn, R jazz box

1-2 Touch L toes back, unwind ½ left step on L foot
3-4 Step R forward, pivot ¼ left
5-8 Cross step R over L, step L back, step R side, step L forward (12 o'clock)

(25-32) ¾ L turning box with claps** (see note below)

1 Step R side
&2 Hold & clap, twice
3 Turning ¼ left step L side
4& Hold & clap
5 Turning ¼ left step R side
&6 Hold & clap, twice
7 Turning ¼ left step L side
&8 Hold & clap, twice (3 o'clock)

****You will dance the above steps when facing front or back walls. On side walls either execute the box with toe struts, step touches or step holds. When teaching the dance it's easier to work in the claps when you play the music and if you get it wrong the claps are in the music to help you. The claps come on the 'a 2' counts 1st time through on the '4 &' 2nd time through, on the 'a 6' 3rd time through and on the '&8' last time through.**

(33-40) R cross rock & recover, R side shuffle, weave L 4

1-2 Cross rock R over L, recover weight on L
3&4 Step R side, step L together, step R side
5-8 Cross step L over R, step R side, cross step L behind R, step R side

(41-48) L cross rock & recover, L side shuffle, R cross step, ½ R hinge turn, L cross step

1-2 Cross rock L over R, recover weight on R
3&4 Step L side, step R together, step L side
5-6 Cross step R over L, turning ¼ right step L back
7-8 Turning ¼ right step R side, cross step L over R (9 o'clock)

(49-56) R & L step touches, R side shuffle, L back rock & recover

1-4 Step R side, touch L together, step L side, touch R together
5&6 Step R side, step L together, step R side
7-8 Rock L back, recover weight on R

(57-64) L side shuffle, R back rock & recover, R fwd, ½ L pivot turn, walk fwd R & L (or L full turn fwd)

1&2 Step L side, step R together, step L side

3-4 Rock R back, recover weight on L

5-6 Step R forward, pivot ½ left (3 o'clock)

7-8 Step R forward, step L forward

Alternative steps: Full turn left over counts 63 & 64
