

Rain Against My Window

COPPER KNOB
STEPSHEETS

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



Or: Father Sun by Wynonna [100 bpm / Tell Me Why – 24count Intro.

Lead in: After Seal sings, "I Can't Stand The", start the dance on the word "Rain".

TOUCH -½ TURN-TOUCH, CROSS, ¼ STEP BACK, FULL TURN TRIPLE IN PLACE, 2 WALKS

- 1-2 Touch right to side, turn ½ left and touch right to side (6:00)
3-4 Cross right over left, turn ¼ right and step left back (9:00)
5&6 Triple in place turning a full turn right stepping right, left, right (9:00)

Variation for counts 5&6: coaster step

- 5&6 Step right back, step left together, step right forward
7-8 Step left forward, step right forward

MODIFIED KICK-BALL-CHANGES, SYNCOPATED KICKS, BACK-LOCK-BACK

- 1& Kick left forward, step left together
2& Cross right over left, step left diagonally forward
3& Kick right forward, step right together
4& Cross left over right, step right diagonally forward

Move forward on counts 2& and 4&

- 5& Cross/kick left over right, step left together
6& Cross/kick right over left, step right together
7& Cross/kick left over right, step left back
8& Lock right over left, step left back

ROCK BACK, RETURN TWICE, CHASE TURN ¼ LEFT, FULL TURN RIGHT

- 1-2 Rock right back (push right hip back), recover to left
3-4 Rock right back (push right hip back), recover to left (stepping left slightly forward)
5&6 Step right forward, turn ¼ left (weight to left), cross right over left (6:00)
7&8 Turn ¼ right and step left back, turn ½ right and step right forward, turn ¼ right and step left to side (turn travels to your left) (6:00)

ROCK BACK, RETURN, FORWARD, TURN ¼ LEFT, MODIFIED JAZZ BOX & WEAVE

- 1-2 Rock right back (open hips to right diagonal), recover to left
3-4 Step right forward, turn ¼ left (weight to left) (3:00)

Try over rotating just a little on the rock back and the turn ¼ left. This will help in taking those steps slowly

- 5& Sweep/cross right over left, step left back
6& Step right to side and slightly back, cross left over right
7& Step right to side, cross left behind right
8& Step right to side, cross left over right

REPEAT

Lead for Father Sun: 24 counts