

Catch The Rain (大雨大雨一直下) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年02月
音樂: Sunshine In the Rain - BWO : (CD: Halcyon Days)



前奏 : Start 32 counts in during vocals

- 第一段** **R kick ball change, R & L heel switches, R fwd rock & recover, ½ R shuffle**
右踢交換步, 右 & 左足踵交換, 右前下沉 & 回復, 右轉1/2交換步
- 1&2 Kick R forward, step R together, step L together
右足前踢, 右足併踏, 左足併踏 (Kick ball change)
- 3&4& Touch R heel forward, step R together, touch L heel forward, step L together 右足踵前點, 右足併踏, 左足踵前點, 左足併踏
- 5-6 Rock R forward, recover weight on L
右足前下沉, 左足回復
- 7&8 Turning ½ right step R forward, step L together, step R forward (6 o'clock) 右轉180度右足前踏, 左足併踏, 右足前踏(6點鐘)
- 第二段** **L fwd, ¼ R pivot turn, L cross shuffle, R side rock & recover, R sailor step** 左足前踏, 右轉1/4, 左交叉交換, 右側下沉 & 回復, 右水手步
- 1-2 Step L forward, pivot ¼ right
左足前踏, 右轉90度
- 3&4 Cross step L over R, step R side, cross step L over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock R side, recover weight on L
右足右下沉, 左足回復
- 7&8 Cross step R behind L, step L side, step R side (9 o'clock)
右足於左足後交叉踏, 左足左踏, 右足前踏(9點鐘) sailor step
- 第三段** **L toes back, ½ L unwind, R fwd, ¼ L pivot turn, R jazz box**
左足趾後, 左旋繞1/2, 右足前, 左轉1/4, 右爵士方塊
- 1-2 Touch L toes back, unwind ½ left step on L foot
左足趾後點, 左旋繞180度左足踏
- 3-4 Step R forward, pivot ¼ left
右足前踏, 左轉90度
- 5-8 Cross step R over L, step L back, step R side, step L forward (12 o'clock)
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏(12點鐘)
- 第四段** **¾ L turning box with claps** (see note below)**
配合拍手左轉3/4方塊
- 1 Step R side 右足右踏
- &2 Hold & clap, twice 候 & 拍手二次
- 3 Turning ¼ left step L side 左轉90度左足左踏
- 4& Hold & clap 候 & 拍手
- 5 Turning ¼ left step R side 左轉90度右足右踏
- &6 Hold & clap, twice 候 & 拍手二次
- 7 Turning ¼ left step L side 左轉90度左足左踏
- &8 Hold & clap, twice (3 o'clock) 候 & 拍手二次(3點鐘)

***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.*

第一、三面牆(面向12:00及6:00鐘方向)要拍手

第二、四面牆(面向3:00及9:00鐘方向)以足踵步, 踏點或踏停取代

第五段 R cross rock & recover, R side shuffle, weave L 4

右交叉下沉 & 回復, 右側交換步, 左藤步

1-2 Cross rock R over L, recover weight on L
右足於左足前交叉下沉, 左足回復

3&4 Step R side, step L together, step R side
右足右踏, 左足併踏, 右足右踏

5-8 Cross step L over R, step R side, cross step L behind R, step R side
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足右踏

第六段 L cross rock & recover, L side shuffle, R cross step, ½ R hinge turn, L cross step

左交叉下沉 & 回復, 左側交換步, 右交叉踏, 右鏈轉1/2, 左交叉踏

1-2 Cross rock L over R, recover weight on R
左足於右足前交叉下沉, 右足回復

3&4 Step L side, step R together, step L side
左足左踏, 右足併踏, 左足左踏

5-6 Cross step R over L, turning ¼ right step L back
右足於右足前交叉踏, 右轉90度左足後踏

7-8 Turning ¼ right step R side, cross step L over R (9 o'clock)
右轉90度右足踏, 左足於右足前交叉踏(9點鐘)

第七段 R & L step touches, R side shuffle, L back rock & recover

右 & 左踏點, 右側交換步, 左後下沉 & 回復

1-4 Step R side, touch L together, step L side, touch R together
右足右踏, 左足併點, 左足左踏, 右足併點

5&6 Step R side, step L together, step R side
右足右踏, 左足併踏, 右足右踏 shuffle

7-8 Rock L back, recover weight on R
左足後下沉, 右足回復

第八段 L side shuffle, R back rock & recover, R fwd, ½ L pivot turn, walk fwd R & L (or L full turn fwd)

左足側交換步, 右後下沉 & 回復, 右前, 左轉1/2, 前走步 右 & 左

1&2 Step L side, step R together, step L side
左足左踏, 右足併踏, 左足左踏

3-4 Rock R back, recover weight on L
右足後下沉, 左足回復

5-6 Step R forward, pivot ½ left (3 o'clock)
右足前踏, 左轉180度(3點鐘)

7-8 Step R forward, step L forward Alternative steps: Full turn left over counts 7 & 8
右足前踏, 左足前踏(或 左轉一圈)
