

# I Can't Stand It

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Lesley Stewart (SCO) - September 2020  
音樂: I Can't Stand the Rain - Seal : (Album: Soul)



**Intro:** Start on the word Rain once the beat comes in and he sings "I can't stand the Rain"  
**Tag:** On wall 3 dance up to coaster step AND change it to a coaster touch then Restart the dance

## **BASIC N/C's, WALK FORWARD RIGHT, LEFT, STEP ½ TURN STEP**

1-2&                      Step right to right side, rock back on left, recover on right  
3-4&                      Step left to left side, rock back on right, recover on left  
5-6                        Walk forward right, left  
7&8                        Step forward on right, ½ turn left, step forward on right

## **FULL TURN, MAMBO FORWARD, SWEEP BACK RIGHT & LEFT, COASTER CROSS**

1-2                        ½ turn right stepping forward on left, ½ turn right stepping forward on right  
3&4                        Rock forward on left, recover on right, step left beside right  
5-6                        Sweep right out to side, step back on right, sweep left out to side, step back on left  
7&8                        Step back on right, step left next to right, cross step right over left

## **SCISSOR STEP LEFT & RIGHT, TOGETHER & CROSS STEP, ¼ TURN, STEP**

1&2                        Step left to left side, step right next to left, cross step left over right  
3&4                        Step right to right side, step left next to right, cross step right over left  
&5-6                        Step left to left side, step right next to left, cross step left over right  
7-8                        ¼ turn left stepping back on right, step left to left side

## **ROCK FORWARD & SIDE, SAILOR ½ TURN, ROCK FORWARD & SIDE, BEHIND, SIDE, CROSS**

1&2&                        Rock right forward, recover on left, rock out on right, recover on left  
3&4                        Step right behind left, ½ turn right stepping left to left side, step right to right side  
5&6&                        Rock forward left, recover on right, rock out on left, recover on right  
7&8                        Step left behind right, step right to right side, cross step left over right

**Start Again..... Happy Dancing.....**

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