

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.....
