Freaky Rain 2011

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拍數: 64 牆數: 4 級數: Intermediate Funky 編舞者: Sebastiaan Holtland (NL) - June 2011 音樂: Rain Over Me (feat. Marc Anthony) - Pitbull: (New Single 2011) 32 count intro (16 Sec) Sec 1: [1-8] Rock / Recover, 1/4 Turn R, Side, Roll Back On To Heels, Cross, 2x Roll Back On To Heels Rock Rf forward, recover on Lf 3&4 Turn 1/4 right (3) step Rf to the right, roll back on to the heels pushing bottom back, recover on both feet take weight onto Lf (Lift Toes Up) Cross Rf over Lf, step Lf to the left take weight onto both feet &7&8 Roll back on to the heels pushing bottom back, recover on both feet, roll back on to the heels pushing bottom back, recover on both feet take weight onto Lf (Lift Toes Up) (3:00) Sec 2: [9-16] Sailor Step, Sailor 1/4 Turn R, 1/2 Pivot L, Full Turn L 1&2 Step Rf behind Lf, step Lf to the left, step Rf to the right weight onto Rf (3:00) 3&4 Step Lf behind Rf, turn 1/4 right (6) step Rf forward, step Lf forward weight onto Lf Step Rf forward, turn 1/2 left (12) take weight onto Lf Turn 1/2 left (6) step back on Rf, turn 1/2 left (12) step forward on Lf weight onto Lf (Full Turn L) Sec 3: [17-24] Stomp, Heel Twists, Stomp, Heel Twists, Back Toe Touch, 1/2 Unwind L, 1/4 Pivot L Stomp forward on Rf, twist both heels right, Twist both heels back to centre (weight on right) 1&2 3&4 Stomp forward on Lf, twist both heels left. Twist both heels back to centre (weight on right) Touch L toe back, unwind 1/2 left (6) take weight onto Lf Step Rf forward, turn 1/4 left (3) take weight onto Lf Sec 4: [25-32] Cross, 1/4 Turn R, Back, Back Rock / Recover, 2x Kick Ball Step Fwd Cross Rf over Lf, turn 1/4 right (6) step Lf back weight onto Lf Rock Rf back, recover on Lf Kick Rf forward, step Rf back in place on ball, step Lf forward 5&6 Kick Rf forward, step Rf back in place on ball, step Lf forward (6:00) 7&8 Sec 5: [33-40] Heel Switches R-L, Point, Hitch, Cross, 1/2 unwind, Lock Step Fwd Touch R heel diagonal forward, step Rf back to centre, touch L heel diagonal forward, step Lf 1&2& back to centre Point Rf out to the right, hitch R knee up (flex body fwd and spreading both arms out: Like Cross Rf over Lf, unwind 1/2 left (12) take weight onto Rf Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf (12:00) Repeat Steps 33-40 Here WALL 6 after 40 count (Facing 9 o'clock) after the steps 33-40 start again with sec Sec 6: [41-48] Heel Dig, Body Flex, Walks Fwd R-L, Heel Dig, Body Flex, 1/4 Turn L, Out, Out Push R heel forward (Toe up), flex your body small forward (head facing to floor) Coming up stepping Rf forward, stepping Lf forward (walks fwd R-L) Push R heel forward (Toe up), flex your body small forward (head facing to floor) Coming up turn 1/4 left (9) step Rf out to the right, step Lf out to the left take weight onto Lf

Sec 7: [49-56] Rock / Recover, Ball Side, Hitch, Cross, 1/4 Turn R, Back, 1/4 Turn R, Side, Touch

1-2 Rock Rf forward, recover on Lf (9:00)

&3-4 Step Rf next to Lf on ball, step Lf to the left, hitch R knee up 5-6 Cross Rf over Lf, turn 1/4 right (12) step Lf back weight onto Lf 7-8

Turn 1/4 right (3) step Rf to the right, touch Lf next to Rf weight onto Rf

Sec 8: [57-64] Side Rock / Recover, Together, Point, Cross, 1/4 Turn R, Back (pushing hips), Replace, 1/4 Turn R, Big Side Step, Touch

1-2 Rock Lf to the left, recover on Rf (3:00)

&3-4 Step Lf next to Rf, point Rf out to right, cross Rf over Lf

5-6 Turn 1/4 right (6) step back on Lf (pushing hips back), replace on Rf

7-8 Turn 1/4 right (9) step Lf big to the left, touch Rf next to Lf holding weight onto Lf (9:00)

Start Again, Enjoy!

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