

Rain Over Me

拍數: 64 牆數: 2 級數: Higher Intermediate
編舞者: Alice Lim (SG) - October 2012
音樂: Rain Over Me (feat. Marc Anthony) - Pitbull



Intro: 32 counts - Sequence: (33-64), 64, 64, 64, 64, Tag, 32, 32, 64

Section 1

1-4 Rock R out, Recover on L, Turning ½ L step R back, Turning ½ L step L forward
5-6 Step R out, Step L out
7-8 Bend knees and bounce down twice

Arms:-

(5-6) R hand up, L hand up

(7-8) Push both palms forwardd, then move up & back in a semi-circle and push fwd again

Section 2

1-2 Turning ¼ R step R forward, Turning ½ R step L back
3&4 Turning ¼ R rock R out, Recover on L, Step R together
5-6 Step L forward, Turning ½ R step R forward (6.00)
7-8 Turning ¼ R touch L out to side, Repeat (12.00)

Arms: 7-8) Push both palms up above shoulders twice

Section 3

1-2 Cross L over R, Recover on R,
3&4 Step L to side, Step R together, Step L to side
5&6 Rock R behind L, Recover on L, Step R to side
7&8 Rock L behind R, Recover on R, Step L to side

Arms:-

(5) R hand up

(7) L hand up

Section 4

1-2 Rock R behind L, Recover on L
3-4 Step R forward, Turning ½ L step L forward (6.00)
5&6 Rock R out, Recover on L, Cross R over L
7&8 Rock L out, Recover on R, Cross L over R *Restart here on W6 and W7

Arms: 1) R hand up

Section 5

1-2 Cross R over L, Turning ¼ R step L back (9.00)
3&4 Shuffle forward RLR making ½ turn R (3.00)
5-6 Step L forward, Pivot ½ turn R (9.00)
7&8 Shuffle forward LRL

Section 6

1-2 Step R out to R side swaying hips R, Sway hips L
3-4 Step R to side making ¼ turn L and swaying hips R, Sway hips L (6.00)
5-8 Paddle turn ¼ L 4 times to complete full turn L (6.00)

Arms:-

(1-2) Swing both fists to R side, Swing both fist to L side

(3-4) Same movements as 1-2

(5-8) Circle both fists above head in a counter-clockwise direction 4 times

Section 7

1-2 Step R forward, Pivot ½ turn L (12.00)
3&4 Kick R, Step R together, Step L forward
5-6 Repeat steps 1-2 (6.00)
7&8 Repeat steps 3&4

Section 8

1-2 Step R to side and body roll R, Step L together,
3-4 Repeat steps 1-2
5-8 Turning ¼ L step L forward, Turning ½ L step R back, Turning ¼ L step L to side,
Kick R forward

TAG : At end of Wall 5, you will be facing FW. Add the 8 count Tag

1 Step R out to R side (legs apart)

Arms: Press both palms together below chin level

2 Hold

Arms: Quickly snake palms together up to above forehead

3 Swivel ¼ turn R

Arms: Stretch L hand forward to 3.00 side wall with palm facing down and at the same time move R hand to back of head and behind R ear

4 Hold

Arms: Without moving L arm and hand, slap R hand on top of back of L hand)

5 Swivel ½ turn L (9.00)

Arms: Separate hands and quickly move L fist with straight arm to trace a big ¾ vertical arc in a counter-clockwise direction. You end facing 9.00 with both arms down)

6 Swivel ¼ R (12.00)

Arms: Move R fist with straight arm to trace a big vertical circle in a clockwise direction. You end facing FW with both arms down)

7 Jump to close legs

8 Kick R leg forward

* RESTARTS :-

(1) On wall 6 (immediately after the Tag) dance only 32 counts and restart facing 6.00

(2) On wall 7, dance only 32 counts and restart facing 12.00

ENDING: On last wall (W8), in order to end facing FW, dance last 4 counts as follows :-

5-6) Turning ¼ L step L forward, Turning ½ L step R back

7-8) Turning ½ L step L forward, Turning ¼ L step R to side and pose
