

# I Can't Stand It

Count: 32

Wall: 4

Level: Improver

Choreographer: Lesley Stewart (SCO) - September 2020

Music: Seal - I Can't Stand the Rain (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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