I Can't Stand The Rain (zh)

Count: 80 **Wall:** 2 **Level:** Advanced
Choreographer: Travis Taylor (AUS) - 2011年02月
Music: I Can't Stand the Rain - Seal : (CD: Soul)

第一段

1-3 Step R to R side, Cross Rock L over R, Replace weight on R whilst sweeping L around 右足右踏, 左足於右足前交叉下沉, 右足回復

4&5 Step L behind R, Step R to R side, ¼ turn L stepping forward on L
左足於右足後踏, 右足右踏, 左轉90度左足前踏

6-7 ½ turn L stepping back on R, ½ turn L stepping forward on L
左轉180度右足後踏, 左轉180度左足前踏

8&1 Step forward on R, ½ turn L take weight on L, Step forward on R
右足前踏, 左轉180度重心在左足, 右足前踏

第二段

2 Step forward on L 左足前踏

&3&4 Step on R heel on R 45, Step on L heel on L 45, Step back on R, Cross/Lock L over R
右足踵於右斜角前踏, 左足踵於左斜角前踏, 右足後踏, 左足於右足前鎖踏

&5&6 Step back on R, Touch L heel on L 45, Step back on L 45 on L, Cross/Lock R over L
右足後踏, 左足踵左斜角前點, 面向左斜角左足後踏, 右足於左足前鎖踏

&7&8 Step back on L, Touch R heel on R 45, Step back on R 45 on R, Cross L over R
左足後踏, 右足踵右斜角前點, 面向右斜角右足後踏, 左足於右足前交叉踏

Note: 5&6&7&8 must be travelling back 5-8拍會向後移動

第三段

&1-2 Step R to R side, Step L behind R whilst sweeping R around, Continue sweep for count 2 右足右踏, 左足於右足後踏右足以2拍繞至後

3&4& Step R behind L, Step L to L, Cross R over L, ¼ turn R step back on L (&)
右足於左足後踏, 左足左踏, 右足於左足前交叉踏, 右轉90度左足後踏

5-7 ½ turn R Step forward on R, Rock forward on L, Replace weight on R 右轉180度右足前踏, 左足前下沉, 右足回復

8&1 Step back on L, 3/8 turn R Stepping forward on R, Step forward on L (4:30) 左足後踏, 右轉135度右足前踏, 左足前踏(面向4:30)

第四段

2&3 Step forward on R, ¼ Turn R step L to L side, Step back on R (7:30)
右足前踏, 右轉90度左足左踏, 右足後踏(面向7:30)

4&5 Step back on L, ¼ Turn R step R to R side, Step forward on L (10:30)
左足後踏, 右轉90度右足右踏, 左足前踏(面向10:30)

6&7 Step forward on R, ¼ Turn R step L to L side, Step back on R (1:30)
右足前踏, 右轉90度左足左踏, 右足後踏(面向1:30)

&8& Step back on L, Straighten up to 3:00 stepping R to R side, Cross L over R 左足後踏, 轉正面向3點鐘右足右踏, 左足於右足前交叉踏

第五段

1-2 Lunge R to R side, Replace weight on L 右足右曲膝踏, 左足回復

3&4 Step R behind L, ¼ turn L step forward on L, Step forward on R (Rock)
右足於左足後踏, 左轉90度左足前踏, 右足前下沉

5-6 Step back on L (Replace), ½ turn R step forward on R
左足回復, 右轉180度右足前踏

&7 ¼ turn R step L to L side, Replace weight on R
右轉90度左足左下沉, 右足回復

8&1 Cross L over R, Step R to R side, Replace weight on L
左足於右足前交叉踏, 右足右下沉, 左足回復

第六段

2&3 Cross R over L, Step L to L side, Replace weight on R
右足於左足前交叉踏, 左足左下沉, 右足回復

4& Cross L over R, Step R to R side
左足於右足前交叉踏, 右足右踏

5&6 Step L behind R, Step R to R side, Step L to L side
左足於右足後踏, 右足右踏, 左足左踏

&7& Step R behind L, Step L to L side, Step R to R side (MUST TRAVEL BACK AT ALL TIMES FROM 2-7&)
右足於左足後踏, 左足左踏, 右足右踏(2-7&需向後移動)

8&1 Step L behind R, ¼ turn R step forward on R, Step forward on L
左足於右足後踏, 右轉90度右足前踏, 左足前踏

第七段

2 Step forward on R 右足前踏

3&4 Lock L behind R, Replace weight on R, Step L slightly back (Anchor Step) 左足於右足後鎖踏, 右足回復, 左足略後踏

5-6 ½ turn R step forward on R, ½ turn R step back on L
右轉180度右足前踏, 右轉180度左足後踏

7-8 ¼ turn R skate on R into R diagonal, Skate on L into L diagonal (Dip your hips on Skates, Hip Walks)
右轉90度右足右斜角滑冰, 左足左斜角滑冰
(滑冰步時臀略低, 以Hip Walk方式前進)

第八段

1-2 Skate on R into R diagonal, ¼ turn L step forward on L
右足右斜角滑冰, 左轉90度左足前踏

3&4 Full turn L Triple on R, (R:L:R) 三步右轉圈-右, 左, 右

5&6& Rock forward on L, Replace weight on R, Step back on L, ¼ turn R step forward on R
左足前下沉, 右足回復, 左足後踏, 右轉90度右足前踏

7&8& Rock forward on L, Replace weight on R, Step back on L, ¼ turn R step R to R side 左足前下沉, 右足回復, 左足後踏, 右轉90度右足右踏

第九段

1-2 Cross L over R, Step R to R side
左足於右足前交叉踏, 右足右踏

3&4 Step L behind R, Step R to R side, Cross L over R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

&5 Step R to R side, Replace weight on L,
右足右下沉, 左足回復

6&7 Cross R over L, ¼ turn R step back on L, ¼ turn R step R to R side
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏

8&1	Cross L over R, Step R to R side, Replace weight on L 左足於右足前交叉踏, 右足右下沉, 左足回復

第十段

2&3	Cross R over L, Step L to L side, Replace weight on R 右足於左足前交叉踏, 左足左下沉, 右足回復
4	Cross L over R 左足於右足前交叉踏
5&6&	Step R to R side, Step L behind R, Step R to R side, Step L to L side ((Sailor on &6&)) 右足右踏, 左足於右足後踏, 右足右踏, 左足左踏(&6&水手步)
7-8&	Touch R toe behind L, ½ turn R unwind taking weight on R, Cross L over R 右足趾於左足後點, 右繞轉180度重心在右足, 左足於右足前交叉踏