Rain Against My Window (雨點打在我窗上) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Michael Barr (USA) - 2009年05月
Musique: I Can't Stand the Rain - Seal : (CD: Soul)

第一段 **Touch -1/2 Turn-Touch, Cross, 1/4 Step Back – Full Turn Triple In Place, 2 Walks 點, 1/2, 點, 交叉, 1/4後踏, 原地三步轉圈, 二次走步**

1&2 Touch Right toe side right; Turn ½ left on ball of left foot; Touch Right side right (facing 6 o'clock)
右足趾右點, 左轉180度左足踏, 右足右點(面向6點鐘)

3–4 Step Right foot in front of left; Turn ¼ right stepping back on Left foot (facing 9 o'clock)
右足於左足前踏, 右轉90度左足後踏(面向9點鐘)

5&6 Full turn triple: Turn ½ right stepping forward on Right; Step forward on ball of Left; Turn ½ right stepping forward on Right (facing 9 o'clock)
小三步轉圈：右轉180度右足前踏, 左足前踏, 右轉180度右足前踏(面向9點鐘)

Note: 5&6 An easier variation for counts 5 & 6 would be a coaster step which would take out the full turn.
5&6版的簡易版, 以海岸步取代轉圈
Step back on Right foot; Step ball of Left foot next to right; Step Right foot forward
右足後踏, 左足併踏, 右足前踏

7–8 Walk forward on Left foot; Walk forward on Right foot
左足前走, 右足前走

第二段 **Modified Kick-Ball-Changes – Sycapated Kicks, Back-Lock-Back**
調整踢交叉交換, 踢踏踢踏, 後鎖步

1& Kick Left forward; Step center on ball of Left
左足前踢, 左足踏

2& Step Right foot forward on left diagonal; Step Left foot forward on left diagonal
右足左斜角前踏, 左足左斜角前踏

3& Kick Right forward; Step center on ball of Right
右足前踢, 右足踏

4& Step Left foot forward on right diagonal; Step Right foot forward on right diagonal
左足右斜角前踏, 右足右斜角前踏

Note: Move forward on counts 2& and 4&
2& 4& 往前移動

5& Kick Left to right diagonal; Step Left foot to center
左足右斜角前踢, 左足踏

6& Kick Right to left diagonal; Step Right foot to center
右足左斜角前踢, 右足踏

7& Kick Left to right diagonal; Step Left foot back (beginning of the lock step pattern)
左足右斜角前踢, 左足後踏(開始後鎖步)

8& Step Right foot back crossing in front of left (lock); Step Left foot back 右足於左足前鎖踏, 左足後踏

第三段 **Rock Back, Return X2 – Chase 1/4 Turn Left, Full Turn Right**
後下沉, 回復二次, 左1/4追步, 右轉圈

1–2 Rock/Step back onto Right foot (push right hip back); Return weight onto Left foot in place 右足後下沉後推臀, 左足回復

3–4 Rock back onto Right foot (push right hip back); Return stepping slightly forward on Left foot 右足後下沉後推臀, 左足回復

5&6 Step Right forward; Turn ¼ left shifting weight onto left foot; Step Right in front of left (facing 6 o'clock)
右足前踏, 左轉90度重心在左足, 右足於左足前交叉踏(面向6點鐘)

Note: Count 6 is a preparation step for your full turn right that comes up next. 第6拍準備開始右轉圈

7&8 Turn ¼ right stepping back on Left; Turn ½ right stepping forward on Right; Turn ¼ right stepping Left side left (turn travels to your left) (facing 6 o'clock)
右轉90度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏

第四段 Rock Back, Return, Forward, 1/4 Turn Left – Modified Jazz Box & Weave 後下沉, 轉, 前, 左1/4-改良爵士方塊 & 藤步

1–2 Rock/step back onto Right foot (open hips to right diagonal); Return weight onto Left foot in place
右足後下沉（右斜角推臀）, 左足回復

3–4 Step Right foot forward; Turn ¼ left (to left diagonal) taking weight onto Left foot (facing 3 o'clock)
右足前踏, 左轉90度(面向左斜角)重心至左足(面向3點鐘)

Note: Try over rotating just a little on the rock back and the ¼ turn left, this will help in taking those steps slowly
試著以搖滾的方式做些許後下沉和左轉90度, 會讓這4拍舞步跳慢一些

5& Step/sweep Right foot in front of left; Step back on Left foot
右足繞於左足前踏, 左足後踏

6& Step Right foot side right and slightly back; Step Left foot in front of right 右足略右後踏, 左足於右足前踏

7& Step Right foot side right; Step Left foot behind right
右足右踏, 左足於右足後交叉踏

8& Step Right foot side right; Step Left foot in front of right
右足右踏, 左足於右足前交叉踏