

Rainfall

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Shane McKeever (N.IRE) - August 2020
音乐: Rain On Me - Lady Gaga & Ariana Grande : (iTunes)



Intro: NO COUNTED INTRO... Start on first beat, i.e. when Lady Gaga starts singing (app. 1 second into track!!!). Start with weight on L foot

Tag: On wall 5 (starts facing 12:00), after 44 counts, facing 12:00 again.

(Tag described at bottom of step sheet)

[1 - 8] R mambo fwd, L mambo back, R side mambo cross, C hip bump to the L

1&2 Rock R fwd (1), recover back on L (&), step back on R (2) 12:00

3&4 Rock L back (3), recover fwd on R (&), step L fwd (4) 12:00

5&6 Rock R to R side (5), recover on L (&), cross R over L (6) 12:00

7&8 Point L to L side bumping hips up L (7), bump hips to R side (&), step down on L bumping hips to L side (8) - body opened up to 1:30 1:30

[9 - 16] R hip roll, R hip bumps, ¼ L with L hip roll, L hip bumps

1 - 2 Push hips diagonally fwd R ending with weight on R (1), roll hips back (2) ...

Styling on walls 2, 4 and 6: raise arms above head with palms facing in then pull them down whilst moving fingers ('rain on me' in the lyrics) 1:30

3 - 4 Point R diagonally fwd bumping hips fwd (3), step onto R (4) ...

Styling on walls 2, 4 and 6: move hands up to shoulder height and flick both hands fwd ('rain, rain' in the lyrics) 1:30

5 - 6 Turn body ¼ L pushing hips fwd ending with weight on L (5), roll hips back (6) ...

Styling on walls 2, 4 and 6: raise arms above head with palms facing in then pull them down whilst moving fingers ('rain on me' in the lyrics) 10:30

7 - 8 Point L diagonally fwd bumping hips fwd (7), step onto L (8) ...

Styling on walls 2, 4 and 6: move hands up to shoulder height and flick both hands fwd ('rain, rain' in the lyrics) 10:30

[17 - 24] R cross rock, R chasse ¼ R, full turn R, rock L fwd

1 - 2 Cross rock R over L (1), recover back on L (2) - squaring up to 12:00 12:00

3&4 Step R to R side (3), step L next to R (&), turn ¼ R stepping fwd on R (4) 3:00

5 - 6 Turn ½ R stepping back on L (5), turn ½ R stepping fwd on R (6) 3:00

7 - 8 Rock fwd on L (7), recover back on R (8) ...

Styling on walls 2, 4 and 6: raise arms above head with palms facing in on counts 7-8 3:00

[25 - 32] Back L, touch R fwd, back R, touch L fwd, out out LR slowly

1 - 2 Step back on L (1), touch R fwd and into the floor (2) ...

Styling on walls 2, 4 and 6: pull arms down whilst moving fingers ('rain on me' in the lyrics) 3:00

3 - 4 Step back on R (3), touch L fwd and into the floor (4) ...

Styling on walls 2, 4 and 6: move hands up to shoulder height and flick both hands fwd ('rain, rain' in the lyrics) 3:00

5 - 6 Roll L knee out to L side touching L toes onto floor (5), press L foot into the floor (6) ...

Styling on walls 2, 4 and 6: step L out raising L arm up bent at elbow and with palm facing in on count 5 ('Rain' in the lyrics), HOLD on count 6 3:00

7 - 8 Roll R knee out to R side touching R toes onto floor (7), press R foot into the floor (8) ...

Styling on walls 2, 4 and 6: step R out to R side raising R arm up bent at elbow and with palm facing in on count 7 ('On' in the lyrics), HOLD on count 8 3:00

[33 - 40] L kick cross, R back rock, R kick cross, L back rock, L side rock, tog., R side rock

1&2& Kick L fwd (1), cross L over R (&), rock back on R (2), recover fwd on L (&) ...

Styling on walls 2, 4 and 6: start bringing arms down wiggling fingers 3:00

3&4& Kick R fwd (3), cross R over L (&), rock back on L (4), recover fwd on R (&) ...

Styling on walls 2, 4 and 6: finish bringing arms down 3:00

5 - 6& Rock L to L side (5), recover on R (6), step L next to R (&) 3:00

7 - 8 Rock R to R side (7), recover on L (8) 3:00

[41 - 48] R sailor step, L sailor ¼ L, R hip bump fwd, turn ¼ L side R, L knee pop in, recover L

1&2 Cross R behind L (1), step L to L side (&), step R to R side (2) 3:00

3&4 Cross L behind R (3), turn ¼ L stepping R next to L (&), step fwd on L (4)

*** Tag + restart here on wall 5 12:00**

5 - 6 Touch R foot fwd bumping R hip fwd keeping weigh on L (5), turn ¼ L stepping R to R side (6) 9:00

7 - 8 Pop L knee in towards R (7), recover weight onto L (8) 9:00

[49 - 56] R vaudeville, HOLD, ball cross, side R, L sailor ½ L with cross, ¼ L & cross

1&2 Cross R over L (1), step L to L side (&), touch R heel to R diagonal (2) 9:00

3&4 HOLD (3), step R next to L (&), cross L over R (4) 9:00

5 - 6&7 Step R to R side (5), cross L behind R (6), turn ¼ L stepping R a small step fwd (&), turn ¼ L crossing L over R (7) 3:00

&8 Turn ¼ L stepping R a small step to R side (&), step L fwd and slightly in front of R (8) 12:00

[57 - 64] R fwd, knee splits, recover, R kick ball step, paddle ¼ L X 2 (with hip rolls)

1 - 2& Step R fwd (1), split knees apart (2), push knees back to neutral recovering back on L (&) 12:00

3&4 Kick R fwd (3), step R next to L (&), step L a small step fwd (4) 12:00

5 - 6 Step R fwd starting to roll hips anti-clockwise (5), turn ¼ L onto L finishing hip roll (6) 9:00

7 - 8 Step R fwd starting to roll hips anti-clockwise (7), turn ¼ L onto L finishing hip roll (8) 6:00

Start again

TAG: Only comes once. On wall 5 (starts facing 12:00), after 44 counts, facing 12:00 again:

1 - 2 Raise L arm up bent at elbow and with palm facing in on count 1 ('Rain' in the lyrics), HOLD on count 2 12:00

3 - 4 Raise R arm up bent at elbow and with palm facing in on count 3 ('On' in the lyrics), HOLD on count 4

Then RESTART dance start bringing arms down wiggling fingers over counts 1-4 during your 2 mambo steps
□ 12:00

ENDING: Finish wall 6 facing 6:00. There's one last count left in the music: spin ½ L on L stepping R out to R side 12:00

Email: Smckeever07@hotmail.com
