Weather Network

拍数: 64

1

1



墙数: 2

级数: Intermediate/Advanced west coast swing



编舞者: Michele Perron (CAN) & Michele Burton (USA)

音乐: Heavy Cloud No Rain - Sting

ACROSS, TURN, TRIPLE FORWARD, FORWARD-TURN-ACROSS, TRIPLE/TURN Right step across front of left 2 Execute ¹/₄ turn left with left step forward (9:00) 3&4 Right triple forward 5&6 Left rock/step forward, right recover/step side right with 1/4 turn right, left step across front of right (12:00) 7&8 Execute full turn left on right triple (1/2 left on right back, 1/2 left on left forward, 1/2 left on right forward) Easier option: right triple side right WALK, WALK, ROCK-RECOVER-BACK, TOUCH, FORWARD, HITCH, BACK 1-2 Left step forward, right step forward 3&4 Left press rock/step forward, right recover/step back, left step back (third foot position) 5-6 Right touch crossed behind left (face diagonal right), right step forward (face front) 7-8 Left (low) knee hitch across front of right (face diagonal right), left step back (face front) On counts 5-8, allow swivel/twist action TOUCH, FORWARD, HITCH/TURN, ACROSS, SIDE-RECOVER-ACROSS, SIDE-RECOVER-ACROSS 1-2 Right touch crossed behind left (face diagonal right), right step forward (face front) On counts 1-2, allow swivel/twist action 3 Execute 1/4 turn right with left knee/hitch crossed in front of right (3:00) 4 Left step across front of right 5&6 Right rock/step side right, left recover/step side left, right step across front of left 7&8 Left rock/step side left, right recover/step side right, left step across front of right SIDE, HOLD 3 COUNTS WITH ARM ACTION "HEAVY CLOUD", TURN, HOLD 3 COUNTS WITH ACTION "NO RAIN" Right step side right with bent knee (both hands crossed, chest level, palms facing in) 2-3-4 "Heavy cloud" arm action: using all 3 counts, both arms sweep up in a circle at the same time, (right hand/arm up and out to the right and left hand/arm up and out to the left slowly and execute three right heel lifts pops) (option: look up to sky) 5 Execute ¼ turn left, weight stays on right (right behind left, right knee bent) (12:00) 6 Hold 7-8 "No rain" actions: hip bumps, left finger shake, head shake (you choose)

CROSS, TURN, TAP-BALL-CROSS, TRIPLE/TURN, BACK, BACK

- Left step across front of right, right step side and back with ¹/₄ turn left (9:00) 1-2
- 3&4 Left touch/tap forward, left step forward, right step across front of left with 1/4 turn right (12:00)
- 5&6 Execute full turn right on left triple (1/4 right on left back, 1/2 right on right forward, 1/4 right on left side) (12:00)

Easier option: left triple side left

7-8 Right step back, left step back

TOUCH, BACK, TOUCH, BACK, ROCK, RECOVER, BEHIND, ROCK, RECOVER, BEHIND, TOUCH

- 1-2 Right touch side right, right step back and crossed behind left
- 3-4 Left touch side left, left step back and crossed behind right

- 5& Right rock/step side right, left recover/step side left
- 6& Right step crossed behind left, left rock/step side left
- 7&8 Right recover/step side right, left step crossed behind right, right touch side right

TURN, TOUCH, STEP, TOUCH: REPEAT

- 1-2 Execute ¹/₄ turn left with right step back, touch left in front of right (9:00)
- 3-4 Left step forward, touch right beside left
- 5-6 Execute ¼ turn left with right step back, touch left in front of right (6:00)
- 7-8 Left step forward, touch right beside left

8 COUNT WHIP 'VARIATION', WALK, WALK, BACK-TOGETHER-FORWARD, TRIPLE TURN ROCK/RECOVER, ROCK/RECOVER

- 1-2 Right step forward, left step forward
- 3&4 Execute ¹/₂ turn right with right step back, left step beside right, right step forward (12:00)
- 5&6 Execute ¹/₂ turn right on left triple (left forward, right across front of left, left back) (6:00)

Easier option:

- 3&4-5&6 Right forward coaster (right forward, left together, right back), left triple back
- &7 Right rock/step back, left recover/step forward
- &8 Right rock/step side right, left recover/step side left

REPEAT

TAG

Occurs during fifth rotation, after count 32

1-2 Hold two counts

Then continue the dance

ENDING

You will be facing 9:00 wall during "heavy cloud" action. Turn right for the "no rain" to face the DJ