

Ah Ah Ah (aka Rain Over Me!)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Earleen Wolford (USA) - February 2014
音乐: Rain Over Me (feat. Marc Anthony) - Pitbull : (iTunes)



Other music: Remix (I Like The) by New Kids on the Block;
In the Ayer (feat. Will.I.am) by Flo Rida,
Mr. Know It All by Kelly Clarkson,
all music available on iTunes

1 Restart. On 12th wall, do 8 counts, then Restart dance.

Pattern for 'Rain Over Me': 32's (12 times), 8, Restart, 32's till song ends. Plz, trust me , it's such an EZ dance and so cool!!

STEP R TO R, TOUCH, HOLD, STEP L TO L, TOUCH, HOLD, TOUCH R TOE FORWARD/BACK/FORWARD, R FRONT FLICK

&1,2 Step R out to R (&), Touch L toe next to R (1), Hold (2)

&3,4 Step L out to L (&), Touch R toe next to L (3), Hold (4)

Note: The above steps are similar to doing the small pony to the right and then to the left

5-8 Touch R toe forward (5), Touch T toe back (6), Touch R toe forward (7), Bring R toe in front of L Chin/Flick (8) (L wt) (12:00)

RESTART: You'll be at the 9:00 wall, do the above 8 counts & then Restart the dance

TRIPLE STEP FORWARD R/L/R, SWEEP L ½ TURN R, STEP DOWN ON L, TAP L HEEL 2X, SLIDE R TOE: SLIDE R NEXT TO L, SLIDE R BACK, SLIDE R NEXT TO L

9&10 Step R forward (9), Step L next to R (&), Step R forward (10)

11,12 Pivoting on R, Sweep small with L toe, ½ turn to R, bringing L past the R foot (11), Step down on L (leaving R back) (12)

13,14 Tap in place up/down with your L heel 2X (13, 14) (L take wt)

15&16 Slide R toe next to L (15), At a slight R diagonal, Slide R toe back (&), Slide R toe next to L (16) (L takes wt) (6:00)

Note: On counts 11-12, you need to leave the R toe back on that R diagonal to be able to do counts 15&16

PRESS R BALL OUT TO R, STEP R NEXT TO L, PRESS L BALL OUT TO L, STEP L NEXT TO R, R DIAGONOL TRIPLE SLIDES, REPEAT L

17-20 Press R ball of R out to R (17), Step R next to L (18), Press L ball of R out to L (19), Step L next to R (20)

21&22 Step R out to R on a left angel, you'll be facing 4:30 (21), Slide L next to R (&), Step R to R, still facing 4:30 (22)

23&24 Step L out to L on a right angel, you'll be facing 7:30 (23), Slide R next to L (&), Step L to L, squaring off at 6:00 (L wt) (6:00)

MAMBO R FORWARD, MAMBO L BACK, HEEL SWITCHES R/L/R, ¼ TURN L W/HIP ROLLS

25&26 Rock R forward (25), Recover on L (&), Step R next to L (26)

27&28 Rock L back (27), Recover on R (&), Step L next to R (28) (L take weight)

Note: Both of these mambos are slightly big mambo step moves

29&30& Touch R Heel forward (29), Bring R back to center (&), Touch L Heel forward (30), Bring L back to center (&)

31,32 Touch R Heel forward (31), Using the R Heel, Turn ¼ L, at the same time roll your hips counterclockwise (32)

(L take weight) (3:00)

Note: On count 31, this is a R Heel grind while pivoting on the L as you turning ¼ L

Optional: If you don't want to do a hip roll on count 31, you can just do the turn without using your hips

Begin again!

Enjoy my dance & just have FUN doing it to this great song with Pitbull feat. Marc Anthony and all the other mentioned great artist too! "GottaDance"!!

And please feel free to use any other music to do my dance, country or non country will work!

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Please do not change or modify anything on my dance sheet. Please contact me for any questions, Thank You!
