

Running In a Rainstorm

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate / Advanced
編舞者: Urban Danielsson (SWE) - November 2024
音樂: Rainstorm (feat. Troy Kemp) - Jayne Denham



Intro: 16 counts, the dance start with the last step in the dance 8& - rock back right, recover on left
Sequence: 48, tag 1, 40, 48, 48, tag 2, 48, 16

Section 1 Forward, ½ turn, weave, rock-recover, full spiral turn, shuffle forward, sweep, cross shuffle

- 1 ½ turn left stepping back on right foot sweeping left foot from forward to back (6:00)
- 2&3 Step left foot behind of right, step right to right side, step left foot across in front of right.
- 4&5 Rock right to right side, recover weight ¼ turn left, step right foot forward and spiral full turn over left shoulder (weight on right) (3:00)
- 6&7& Step left foot forward, step right next to left, step left foot forward, sweep right foot from back to front turning ¼ left.
- 8&1 Step right foot across in front of left, step left to left side, step right foot across in front of left

Section 2 Hinge turn, walk, prizzy walk, rock, recover, 1/8 turn step side, cross, side, coaster step

- 2&3 ¼ turn right step back on left foot, ¼ turn right step right foot forward, step left foot forward (6:00)
- 4 Step (prizzy walk) right foot forward
- 5&6 Rock left foot forward, recover weight onto right, ¼ turn left step left to left side (3:00)
- &7 Step right across in front of left, step left foot a longer step to left side
- 8&1 Turn 1/8 right and step back on right, step left next to right, step right forward (4:30)

Section 3 Lockstep forward, mambo ½ turn, ½ turn x 2, cross, 1/8 turn step back, back

- 2&3 Step left foot forward, lockstep right behind of left, step left foot forward.
- 4&5 Rock forward in right, recover weight onto left, ½ turn right step right foot forward (10:30)
- 6 – 7 ½ turn right step left foot back, ½ turn right step right foot forward.
- 8&1 Step left foot across in front of right, turn 1/8 left step right foot back, step back on left foot sweeping right foot from front to back (9:00)

Section 4 Weave, ¼ turn step back, back, coaster step, forward, rock-recover

- 2&3 Step right behind of left, step left to left side, step right across in front of left
- 4 – 5 ¼ turn right step back on left foot sweep right foot from front to back, step back on right sweeping left foot from front to back
- 6&7 Step back on left, step right next to left, step left foot forward
- 8&8&1 Step right foot forward, rock left to left side (slightly forward), recover weight onto right (slightly forward), step left foot across in front of right turning body slightly to left diagonal

Section 5 ½ diamond shape, back, back, rock-recover

- 2&3 1/8 turn left step back on right, step back on left, step back on right (10:30)
- 4&5 1/8 turn left step left to left side, 1/8 turn left step right forward, step left forward (7:30)
- 6 – 7 1/8 turn left step back on right foot sweeping left foot from front to back, step back on left foot (6:00)
- 8& Rock back on right foot, recover weight onto left

Restart: Restart here in wall 2

Section 6 Cross, rumba box, swivels, rock-recover

- 1 Step right across in front of left
- 2&3 Step left to left side, step right next to left, step left back
- 4&5 Step right to right side, step left next to right, step right forward

- 6 – 7 Swivel on both feet bending knees $\frac{1}{2}$ turn to left, swivel back on both feet straighten up ending with weight on left
- 8& Rock back on right foot, recover weight onto left

RESTART and ENJOY!

Tag on Wall 1:

Replace count 8& in the last section: Weave, scissor step, rock-recover

- 8& Sweep right from front to back and step right foot behind of left, step left to left side
- 1 Step right foot across in front of left
- 2&3 Step left to left side, step right next to left, step left across in front of left
- 4& Rock back on right foot, recover weight onto left

Tag on Wall 4:

Replace count 8& in the last section:

Weave, scissor step, side, together, side rock, back rock

- 8& Sweep right from front to back and step right foot behind of left, step left to left side
- 1 Step right foot across in front of left
- 2&3 Step left to left side, step right next to left, step left across in front of left
- 4&5 Step right to right side, step left next to right, rock right foot to right side
- &6& Recover weight onto left, rock back on right foot, recover weight onto left

Ending:The dance will end on wall 6 after the 2 first section. When you do the coaster step turn $\frac{1}{4}$ to the front.

Last Update: 12 Jan 2025
