Calm Before The Storm



拍數: 32 牆數: 4 級數: Improver

編舞者: Steve Rutter (UK) - January 2008

音樂: Have You Ever Seen the Rain - Creedence Clearwater Revival: ("Evan Almighty"

Soundtrack or "Chronicle: 20 Greatest Hits")



Music Suggestions:

"Have You Ever Seen The Rain" By Rod Stewart (115 B.P.M) from "Still The Same...Great Rock Classics Of Our Time" album (24 Count intro').

(24 Count Intro').

Section 1-Toe Touch, Kick, Step Back, Coaster Step, Forward Rock, Shuffle ½ Turn Right.

1-2 Touch Right toe beside left, kick right forward.

3 Step back on right.

4&5 Step back on left, close right beside left, step forward on left.

Rock forward on right, recover weight back onto left.

Make a half turn right stepping on right, left, right.

Section 2-Side Rock, Crossing Shuffle, Side Rock, Sailor 1/4 Turn Right.

2-3 Rock left to left side, recover weight onto right.

4&5 Cross left over right, step right to right side, cross left over right.

6-7 Rock right to right side, recover weight onto left.

8&1 Cross right behind left, make a quarter turn right stepping left beside right, replace weight

onto right.

Section 3-Forward Rock, Shuffle ½ Turn Left, Toe Touch, Kick, Weave.

2-3 Rock forward on left, recover weight back onto right.

4&5 Make a half turn left stepping on left, right, left.

Touch right toe beside left, kick right foot forward to right diagonal.

Cross right behind left, step left to left side, cross right over left.

Section 4-Toe Touch, Kick, Weave, Bounce ½ Turn Right, Side Rock.

2-3 Touch left toe beside right, kick left forward to left diagonal.

4&5 Cross left behind right, step right to right side, cross left over right.

6-7 Make a quarter turn right bouncing heels, make a quarter turn right bouncing heels (Weight

On Left).

8& Rock right to right side, recover weight onto left.

Begin Again.