

Catch The Rain

64 count, 4 wall, intermediate level

Choreographer: Peter Metelnick & Alison Biggs (UK) (February 2008)

Choreographed to: "Sunshine In The Rain" by BWO (Bodies Without Organs) (128 bpm), CD "Halcyon Days"

Start 32 counts in during vocals

Section 1 Kick Ball Change, Heel Switches, Forward Rock, Shuffle 1/2 Turn

- 1&2 Kick right forward. Step right beside left. Step onto left in place.
- 3& Touch right heel forward. Step right beside left.
- 4& Touch left heel forward. Step left beside right.
- 5-6 Rock right forward. Recover onto left.
- 7&8 Shuffle turn 1/2 turn right, stepping - right, left, right. (6:00)

Section 2 Step, Pivot 1/4, Cross Shuffle, Side Rock, Sailor Step

- 1-2 Step left forward. Pivot 1/4 turn right.
- 3&4 Cross left over right. Step right to right side. Cross left over right.
- 5-6 Rock right to right side. Recover onto left.
- 7&8 Cross right behind left. Step left to left side. Step right to place. (9:00)

Section 3 Touch Back, Unwind 1/2, Step, Pivot 1/4, Jazz Box

- 1-2 Touch left toes back. Unwind 1/2 turn left stepping on left.
- 3-4 Step right forward. Pivot 1/4 turn left. (12:00)
- 5-8 Cross right over left. Step left back. Step right to right side. Cross left over right.

Section 4 3/4 Left Turning Box With Claps

- 1&2 Step right to right side. Hold and clap twice.
- 3-4 Turning 1/4 left step left to left side. Hold and clap.
- 5&6 Turning 1/4 left step right to right side. Hold and clap twice.
- 7&8 Turning 1/4 left step left to left side. Hold and clap twice. (3:00)

Note: *When facing side walls make the box with toe struts, step touches or stepholds. You can also substitute the claps by lifting hands up to shoulders, palms up as if Catching The Rain.*

Section 5 Cross Rock, Chasse Right, Weave

- 1-2 Cross rock right over left. Recover onto left.
- 3&4 Step right to right side. Close left beside right. Step right to right side.
- 5-6 Cross left over right. Step right to side.
- 7-8 Cross left behind right. Step right to side.

Section 6 Cross Rock, Chasse Left, Cross, 1/2 Turn, Cross

- 1-2 Cross rock left over right. Recover onto right.
- 3&4 Step left to left side. Close right beside left. Step left to left side.
- 5-6 Cross right over left. Turning 1/4 right step left back.
- 7-8 Turning 1/4 right step right to right side. Cross left over right. (9:00)

Section 7 Step Touches, Chasse Right, Back Rock

- 1-2 Step right to right side. Touch left beside right.
- 3-4 Step left to left side. Touch right beside left.
- 5&6 Step right to right side. Close left beside right. Step right to right side.
- 7-8 Rock left back. Recover onto right.

Section 8 Chasse Left, Back Rock, Step, Pivot 1/2, Walk x 2

- 1&2 Step left to left side. Close right beside left. Step left to left side.
- 3-4 Rock right back. Recover onto left.
- 5-6 Step right forward. Pivot 1/2 turn left. (3:00)
- 7-8 Step right forward. Step left forward.

Option: *Counts 7 - 8: make full turn left.*

Quelle:

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