

Catch The Rain

64 count, 4 wall, intermediate level

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

Choreographed to: "Sunshine In The Rain" by WHO (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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