

Official WCDF competition dance description 2009

I Can't Stand The Rain

Yvonne Dunn

Type : One Wall ABCD Dance Smooth (WCS)
 Level : Star Divisions (Rising Star/Megastar/Jewel/Regal)
 Music : I Can't Stand The Rain by Seal
 Order : A B C A B PART C (LAST 16 COUNTS) A A A D

PART A (32 Counts)

**WALK WALK FRENCH CROSS TRACE TURN
 CROSS OVERS WITH FOOT ROLL&SLIP (X2)
 POINT HITCH POINT**

| | | |
|---------------|----|--|
| 1 | RF | Walk right foot forward |
| 2 | LF | Walk left foot forward |
| 3 | RF | Step diagonal to 1:30 |
| & | LF | Cross over right foot |
| 4 | RF | Make $\frac{3}{8}$ right & step towards 6:00 |
| | | trail left foot next to right & make |
| $\frac{1}{2}$ | | turn right to face 12:00 |
| 5 | LF | Roll left foot across right whilst |
| | | slipping right foot back |
| 6 | RF | Roll right foot across left whilst |
| | | slipping left foot back |
| 7 | LF | Point out to left side |
| & | LF | Hitch next to right knee |
| 8 | LF | Point left foot back |

**SIT HEAD FLICK $\frac{3}{4}$ TRACE TURN
 SYNCOPATED ROCK SYNCOPATED BACK
 LOCK UNWIND $1\frac{1}{8}$ TURNS KICK BOOGIE
 WALKS**

| | | |
|-------|----|--|
| 9 | LF | Sit back on bent left leg whilst |
| | | flicking head left from front to |
| | | back |
| 10 | LF | Keeping weight on left trail right |
| | | foot next to left and make $\frac{3}{4}$ trace |
| | | turn to left to face 3:00 |
| 11 | RF | Rock forward |
| & | LF | Step in place |
| 12 | RF | Step back |
| & | LF | Cross over right foot |
| 13-14 | LF | Unwind $1\frac{1}{8}$ to right to face 10:30 |
| 15 | RF | Raise up on left foot whilst |
| | | kicking right forward |
| & | RF | Step small step forward on toe |
| | | rolling ankle&knee to right and |
| | | starting to lower |
| 16 | LF | Step small step forward on toe |
| | | rolling ankle&knee to left and |
| | | continuing to lower |
| & | R | Step small step forward on toe |
| | | rolling ankle&knee to right and |
| | | continuing to lower |

PUSH TURNS (X4) CHAINE TURN SIDE SLIDE

WITH FOOT SWIVELS DRAG CLOSE

| | | |
|-----|----|---|
| 17 | RF | Keeping weight on right make $\frac{1}{8}$ |
| | | right and foot push left foot out to |
| | | side 12:00 (facing 3:00) |
| 18 | RF | Keeping weight on right make $\frac{1}{4}$ |
| | | right and foot push left foot out to |
| | | side 3:00 (facing 6:00) |
| 19 | RF | Keeping weight on right make $\frac{1}{4}$ |
| | | right and foot push left foot out to |
| | | side 6:00 (facing 9:00) |
| 20 | RF | Keeping weight on right make $\frac{1}{4}$ |
| | | right and foot push left foot out to |
| | | side 9:00 (facing 12:00) |
| 21 | LF | Make $\frac{1}{4}$ left and step forward to |
| | | 9:00 |
| & | RF | Close right next to left and make |
| | | $\frac{3}{4}$ left to face 12:00 |
| 22& | LF | Make large step to side 9:00 |
| | | whilst swivelling left foot heel out |
| | | toe out & dragging right |
| 23& | LF | Continue swivelling left foot heel |
| | | out toe out and drag right towards |
| | | left |
| 24 | RF | Close right next to left |

**BACK LOCK WITH FOOT ROLL SYNCOPATED
 ROCK BACK RECOVER FLICK CROSS
 PIROUETTE (X2) KICK BACK HOLD**

| | | |
|-------|----|--------------------------------------|
| 25 | LF | Step small step back |
| 26 | RF | Cross right over left whilst rolling |
| | | toe of right foot |
| 27 | LF | Rock small step diagonally back |
| & | RF | Recover weight on right whilst |
| | | slipping left foot into flick back |
| 28 | LF | Step left foot across right foot |
| 29-30 | LF | Keep weight on left foot hitch right |
| | | foot to left knee and make 2 full |
| | | turns right to face 12:00 |
| 31 | RF | Kick right foot back |
| 32 | | Hold |

PART B (16 COUNTS)

**WALK WALK & POINT BALL TOUCH HEEL
 SNAPS (X2) TURNING ANCHOR STEP**

- 1 RF Walk right foot forward
- 2 LF Walk left foot forward
- & RF Small step diagonally back to 4:30
- 3 LF Point left foot diagonally forward to 10:30
- & LF Small step back
- 4 RF Touch right across left
- & LF&RF Lift both heels
- 5 LF&RF Drop both heels
- & LF&RF Lift both heels
- 6 LF&RF Drop both heels
- 7 RF Make $\frac{3}{8}$ turn right and step towards 6:00
- & LF Step left close behind right whilst making $\frac{1}{4}$ turn right & keeping right in place
- 8 RF Step right in place whilst making $\frac{1}{4}$ right to face 12:00

TURNING HIP BUMPS CROSS BEHIND UNWIND WITH SHOULDER SHRUGS TURNING TWIST BALL CHANGE

- 9 LF Touch left foot out to left side 9:00 (facing 12:00) and bump left hip
- 10 LF Replace weight on left and make $\frac{1}{2}$ turn right (facing 6:00)
- 11 RF Touch right foot out to right side 9:00 (facing 6:00) and bump right hip
- 12 RF Make $\frac{1}{4}$ turn right and take large step forward on right heel (facing 9:00)
- & LF Make $\frac{1}{4}$ right to face 12:00 and step left foot to left side 9:00
- 13 RF Cross right foot behind left whilst shrugging shoulders up & down
- &14 LF Unwind $\frac{1}{2}$ turn right to face 6:00 whilst shrugging shoulders up & down twice
- 15 LF Twist both heels to left whilst extending right foot to a point & making $\frac{1}{4}$ turn right
- & RF Straighten heels to centre whilst replacing weight on right
- 16 LF Cross left over right

PART C (32 COUNTS)

SKATE STEPS (X2) SYNCOPATED ROCK & CROSS UNWIND 2 TURNS SIDE TOUCH (X2)

- 1 RF Make $\frac{3}{8}$ turn right and swivel foot out stepping forward towards 1:30
- 2 LF Make $\frac{1}{4}$ turn left and swivel foot

- 3 RF out stepping forward towards 10:30
- 3 RF Make $\frac{1}{8}$ turn right and rock forward to 12:00
- & LF Recover in place
- 4 RF Step back
- & LF Cross left over right
- 5-6 LF Unwind two full turns right keeping feet in locked 1st position
- & RF Step small step to right side
- 7 LF Touch next to right
- & LF Step small step to left side
- 8 RF Touch next to left

DROP DRAG CROSS SLOW BACK KICK CROSS UNWIND DROP UNWIND KNEE POPS

- & RF Step small step to right side
- 9 RF With weight on right foot drop down to floor (left leg bent)
- 10 Recover
- 11 LF Take large step to left side whilst dragging right towards left foot
- & RF Cross right foot over left whilst slipping left foot back starting a slow kick
- 12 LF Complete slow kick back
- 13 LF Cross left over right
- & LF Unwind one full turn over right shoulder transferring weight to right foot
- 14 RF Keeping legs crossed and weight on right foot bend to floor (you may touch floor with hand)
- 15 LF Unwind $\frac{1}{2}$ turn left to face 6:00 whilst recovering weight onto left foot
- &16 LF Unwind $\frac{1}{2}$ turn over left shoulder to face 12:00 whilst opening and closing knees twice with right foot next to left

LEAN TO RIGHT SWIVELS BACK CHAINE TURNS

- 17 RF Step slightly diagonally back to 4:30 whilst leaning body back to 4:30 & facing 10:30
- 18 LF Recover
- 19 RF Step diagonally back to 4:30 on right turning toe inwards & left heel outwards
- 20 LF Step diagonally back to 4:30 on left turning toe inwards & right heel outwards
- 21 RF Step forward to 10:30
- & LF Close left next to right make 1 $\frac{1}{8}$ turn right
- 22 RF Step forward to 12:00
- & LF Close left next to right make 1 $\frac{1}{8}$ turn right
- 23 RF Step forward to 1:30
- & LF Close left next to right make 1 $\frac{1}{8}$

turn right
 24 RF Step forward to 3:00
 & LF Close left next to right make 1½
 turn right

**CHAINE TURNS STEP OUT ROCK BALL
 BACK JUMP UNWIND DRAG**

25 RF Step forward to 4:30
 & LF Close left next to right make 1½
 turn right
 26 RF Step forward to 6:00
 & LF Close left next to right make full
 turn right
 27 RF Step small step forward to 6:00
 28 LF Step to left side 3:00 (facing 6:00)
 29 RF Small rock forward to 6:00 with
 right
 & LF Replace weight in place
 30 RF Touch right diagonally back to
 1:30
 31 LF Unwind ½ turn whilst jumping
 landing with knees bent and feet
 apart
 32 LF/RF Drag both feet together at same
 time

PART D (32 COUNTS)

**SIDE MOONWALKS LEAN BACK ¼ TURN
 KICK BACK BALL CHANGE**

1 RF Step to right side 3:00 facing
 12:00
 2 LF Cross left over right
 3 RF Step to right side 3:00 facing
 12:00
 4 LF Cross left over right
 5 RF Step to right side pushing right
 arm slowly up in air whilst leaning
 back with feet apart
 6 LF Recover to upright position with
 weight on left foot
 7 RF Make ¼ turn right kick right foot
 back
 & RF Replace weight on right
 8 LF Step left foot in place

**SYNCOPATED LOCK SWEEP HIGH KICK
 TOUCH BEHIND**

& RF Small step forward on right across
 left
 9 LF Lock left tightly behind right
 & RF Small step forward
 10 LF Step forward
 11 RF Sweep right toe on floor from front
 to back then make ½ turn right to
 face 9:00
 12 RF Touch right next to left
 13 RF Sweep right toe on floor from front
 to back then make ¼ turn right to
 face 12:00
 14 RF Touch right next to left

15 RF Kick high towards 1:30
 16 RF Touch diagonally behind left
 towards 7:30

FOUETTE (X2) RAG DOLL

& LF Unwind full turn right
 17 RF Ariel ronde
 18 RF Full turn right with right foot next
 to left knee
 19 RF Ariel ronde
 20 RF Full turn right with right foot next
 to left knee
 21-22 RF Step to side 9:00 facing 12:00 and
 circle body backwards clockwise
 ending with weight on left

SYNCOPATED RUN SLIDE & FREESTYLE

23 RF Make ½ turn over right shoulder
 and run forward to 6:00 on right
 foot
 & LF Run forward on left
 24 RF Run forward on right
 & LF Run forward on left
 25 RF/LF Make ¼ left and make large slide
 with both feet to side 6:00 facing
 3:00
 26 RF/LF Complete slide
 27-32&1** Dancers may choreograph own
 final 4 counts plus end pose so
 long as it travels forward to 12:00

