

## I Can't Stand It

32 Count. 4 Wall. Improver. 1 Tag on Wall 3.

Choreographed by Lesley Stewart (Scot) Sept 2020

Choreographed to I Can't Stand The Rain by Seal

Intro: Start on the word 'Rain' once the beat comes in and he sings "I can't stand the Rain"

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**Remember to Vote** for your favourite dances in the Linedancer Charts.

### **SEC 1 BASIC N/C's, WALK FORWARD RIGHT, LEFT, STEP ½ TURN STEP**

- 1-2& Step right to right side, rock back on left, recover on right
- 3-4& Step left to left side, rock back on right, recover on left
- 5-6 Walk forward right, left
- 7&8 Step forward on right, ½ turn left, step forward on right

### **SEC 2 FULL TURN, MAMBO FORWARD, SWEEP BACK RIGHT & LEFT, COASTER CROSS**

- 1-2 ½ turn right stepping forward on left, ½ turn right stepping forward on right
- 3&4 Rock forward on left, recover on right, step left beside right
- 5-6 Sweep right out to side, step back on right, sweep left out to side, step back on left
- 7&8 Step back on right, step left next to right, cross step right over left

### **SEC 3 SCISSOR STEP LEFT & RIGHT, TOGETHER & CROSS STEP, ¼ TURN, STEP**

- 1&2 Step left to left side, step right next to left, cross step left over right
- 3&4 Step right to right side, step left next to right, cross step right over left
- &5-6 Step left to left side, step right next to left, cross step left over right
- 7-8 ¼ turn left stepping back on right, step left to left side

### **SEC 4 ROCK FORWARD & SIDE, SAILOR ½ TURN, ROCK FORWARD & SIDE, BEHIND, SIDE, CROSS**

- 1&2& Rock right forward, recover on left, rock out on right, recover on left
- 3&4 Step right behind left, ½ turn right stepping left to left side, step right to right side
- 5&6& Rock forward left, recover on right, rock out on left, recover on right
- 7&8 Step left behind right, step right to right side, cross step left over right

Start Again

Happy Dancing

