Count: 32 Wall: 4 Level: Intermediate
Choreographer: Michael Barr
Music: I Can't Stand The Rain by Seal [CD: Soul]
Or: Father Sun by Wynonna [100 bpm / Tell Me Why - 24count Intro.
Lead in: After Seal sings, "I Can't Stand The", start the dance on the word "Rain".
TOUCH -1⁄2 TURN-TOUCH, CROSS, ¼ STEP BACK, FULL TURN TRIPLE IN PLACE, 2 WALKS
1-2 Touch right to side, turn $1 / 2$ left and touch right to side (6:00)
3-4 Cross right over left, turn $1 / 4$ right and step left back (9:00)
5\&6 Triple in place turning a full turn right stepping right, left, right (9:00)
Variation for counts 5\&6: coaster step
5\&6 Step right back, step left together, step right forward
7-8
Step left forward, step right forward
MODIFIED KICK-BALL-CHANGES, SYNCOPATED KICKS, BACK-LOCK-BACK
1\& Kick left forward, step left together
2\& Cross right over left, step left diagonally forward
3\& Kick right forward, step right together
Cross left over right, step right diagonally forward 4\&
Move forward on counts 2\& and 4\&
5\& Cross/kick left over right, step left together
6\&
Cross/kick right over left, step right together
7\& Cross/kick left over right, step left back
Lock right over left, step left back
ROCK BACK, RETURN TWICE, CHASE TURN ¼ LEFT, FULL TURN RIGHT
1-2
Rock right back (push right hip back), recover to left
3-4 Rock right back (push right hip back), recover to left (stepping left slightly forward)
5\&6 Step right forward, turn $1 / 4$ left (weight to left), cross right over left (6:00)Turn $1 / 4$ right and step left back, turn $1 / 2$ right and step right forward, turn $1 / 4$ right and7\&8
step left to side (turn travels to your left) (6:00)
ROCK BACK, RETURN, FORWARD, TURN $1 / 4$ LEFT, MODIFIED JAZZ BOX \& WEAVE
1-2
Rock right back (open hips to right diagonal), recover to left
3-4 Step right forward, turn $1 / 4$ left (weight to left) (3:00)
Try over rotating just a little on the rock back and the turn $1 / 4$ left. This will help in taking those
steps slowlyStep right to side and slightly back, cross left over right
Step right to side, cross left behind right
Step right to side, cross left over right

## REPEAT

Lead for Father Sun: 24 counts

