

Sunshine And Rainbow

Count: 64

Wall: 2

Level: Improver

Choreographer: Chad Manson (UK)

Music: Through My Window - Sandra Oxenryd



SIDE CHASSE, LEFT SAILOR, POINT, POINT, CROSS TOE STRUT

- 1&2 Step right to right, close left beside right, step right to right
- 3&4 Cross left behind right, step right to right, step left to place
- 5-6 Point right toe over left, point right toe to right
- 7-8 Point right toe over left, drop right heel taking weight

SIDE CHASSE, RIGHT SAILOR, POINT, POINT, CROSS TOE STRUT

- 1&2 Step left to left, close right beside left, step left to left
- 3&4 Cross right behind left, step left to left, step right to place
- 5-6 Point left toe over right, point left toe to left
- 7-8 Point left toe over left, drop left heel taking weight

½ RIGHT MONTEREY, ROCKING CHAIR

- 1-2 Point right toe to right, ½ turn right step right beside left
- 3-4 Point left toe to left, step left beside right
- 5-6 Rock right forward, recover onto left
- 7-8 Rock right back, recover onto left

SIDE, TOUCH, KICK TWICE, SIDE, TOUCH, KICK TWICE

- 1-2 Step right to right, touch left beside right
- 3-4 Kick right foot forward twice
- 5-6 Step left to left, touch right beside left
- 7-8 Kick left foot forward twice

BACK ROCK, ½ LEFT SHUFFLE, BACK SHUFFLE, BACK ROCK

- 1-2 Rock right back, recover onto left
- 3&4 ¼ turn left step right to right, ¼ turn left step left back, step right back
- 5&6 Step left back, close right beside left, step left back
- 7-8 Rock right back, recover onto left

POINT CROSS TWICE, WALK TWICE, CLAP TWICE

- 1-2 Point right toe to right, cross right over left
- 3-4 Point left toe to left, cross left over right
- 5-6 Step right forward, step left slightly forward
- 7-8 Clap twice

BACK TOE STRUT TWICE, TOUCH, PIVOT ½ RIGHT, FULL TURN RIGHT

- 1-2 Step right toe back, drop right heel taking weight
- 3-4 Step left toe back. Drop left heel taking weight
- 5-6 Touch right toe back, unwind ½ turn right taking weight on right
- 7-8 ½ turn right step left back, ½ turn right step right forward

LEFT VINE, KICK BALL CHANGE TWICE

- 1-2 Step left to left, cross right behind left
- 3-4 Step left to left, touch right beside left
- 5&6 Kick right forward, step right beside left, step left in place

7&8

Kick right forward, step right beside left, step left in place

REPEAT

RESTART

On wall 2, dance to count 32, then restart dance

On wall 5, dance to count 40, then restart dance
