

Rainbows

COPPER KNOB
STEPSHEETS

Count: 40

Wall: 2

Level: Phrased Intermediate

Choreographer: Aiden Fryer (UK) - April 2014

Music: Rainbow - Sanna Nielsen



<http://www.justgiving.com/AidenFryerDance>

Please make a Donation to Rainbow Trust Children Charity

*16 count Intro Start on Vocal - Sequence: A- A16&-A- B- Tag- A- A16&-A- B- AA- B- A

PART A - 32 counts

STEP FORWARD ½ FORWARD ½ SWEEP BEHIND SIDE CROSS, ¼ SIDE TOGETHER , LUNGE RECOVER

- 1&2 Step L Forward (&) Pivot ½ Turn Right Taking Weight On R (2) Step L Forward, (&) Pivot ½ Turn Right Sweeping R Out And Around
- 3&4 Step R Behind Left & Step L To Left, Step R Across Left
- 5&6 Making ¼ Turn Left To Left Side Forward & Step R To Right Side, Step L Beside Right
- 7-8 Lunge Left Recover

CROSS FULL TURN WALK LEFT RIGHT, STEP FORWARD ½ ½ , LARGE STEP BACK , DRAG, ROCK BACK RECOVER

- 1-2 Full Spin Turn, Step L To Left
- & Step R Beside Left
- 3-4 Walk Forward L, R
- 5&6 Step ½ Step Forward On Right Step ½ Over Right Shoulder Back On Left
- 7 Step Back On Right Slide Left Foot
- 8& Back Rock On Left Recover On Right

CROSS SWEEP FORWARD , CROSS SWEEP ¼ CROSS BACK SIDE CROSS STEP ¼ SIDE ROCK CROSS , FULL TURN

- 1&2& Step Forward On Left Sweep Right Foot Forward And Around, Cross Right Over Left Sweep Left Foot Forward
- 3&4 Cross Left Over Right Making ¼ Step Back On Right , Step Left To Left Side ,
- 5& Cross Right Over Left ¼ Left Stepping Left Foot Forward
- 6&7 Rocking Right To Right Side , Recover On Left , Cross Right Over Left
- 8&1 Step Back On Left Make ¼ Over Right Shoulder, Make ½ Over Right S Stepping On Right And ¼ Right Stepping Left To Left Side

SIDE HOLD ROCK BACK POINT, BEHIND ¼ STEP ½ TOGETHER STEP FULL TURN FORWARD

- 2&3 Rock Right Behind Left Recover On Left Point Right Toe To Right Side
- 4&5 Step Left Behind , ¼ Turn Right Step Right Forward , Step Left Forward
- 6&7 Step Right Forward ½ Left Over Left Shoulder Step Right Forward
- 8& Travelling Forward Full Turn Stepping ½ Step Back On Left ½ Step Forward On Right

PART B - 8 counts

STEP TURN STEP , STEP TURN STEP, FORWARD ROCK RECOVER BACK SWEEP, BACK SWEEP , ROCK BACK RECOVER

- 1&2 Step Forward On Left ½ Over Right Step Forward On Right, Step Forward On Left
- 3&4 Step Forward On Right ½ Over Left Step Forward On Left, Step Forward On Right
- 5&6& Forward Rock On Left Recover Right Step Back On Left , Sweep Right Foot Around And Behind Left
- 7&8& Step Back On Right Sweep Left Foot Behind , Rock Back On Left Recover On Right

TAG

- 1 Step Pivot $\frac{1}{4}$ Turn Right
- 2& Right To Right Side Touch Left Next To Right
- 3&4 Side Rock To Right Side Recover On Left , Together , Weight On Right

RESTARTS:-

WALL 2 AFTER COUNTS 16&

WALL 3 TAG (after Part B)

WALL 5 After 16&

Sequence: A- A16&-A- B- Tag- A- A16&-A- B- AA- B- A

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