

Rainbow

拍数: 48 墙数: 2 级数: Intermediate NC2
编舞者: Jessica Boström (SWE) & Katja Grahn - November 2014
音乐: Rainbow - Sanna Nielsen



(Start after 16 counts, 12 secs in)

(1-8) Walk x 2. Mambo with a Sweep. Behind. Side. Cross. Rock & Cross.

- 1-2 Walk forward Right & Left.
3&4 Rock forward on Right. Recover on Left. Step back on Right, sweeping Left from front to back.
5&6 Cross Left behind Right. Step Right to Right Side. Cross Left over Right.
7&8 Rock Right to Right Side. Recover on Left. Cross Right over Left. (12.00)

(9-16) ¼ Turn Right. ½ Turn Right. Step. Mambo Step Forward. Run Run Run. ¼ Turn Right with Sway. Sway.

- 1&2 ¼ Turn Right Stepping back on Left. ½ Turn Right Step Forward on Right. Step Forward on Left.
3&4 Rock forward on Right. Recover on Left. Step back on Right.
5&6 Run back – Left, Right, Left.
7-8 ¼ Turn Right and Sway Right. Sway Left. (12.00)

(17-25) ¼ Turn Right & Sweep. Cross. Side Behind & Sweep. Behind. Turn ¼ Left. Step. ½. ½. Step. ½. ½. ¼.

- 1 ¼ Turn Right Stepping forward on Right, sweeping Left around from back to front.
2&3 Cross Left over Right. Step Right to Right Side. Step Left Behind Right as you sweep Right from front to back.
4&5 Cross Right Behind Left. ¼ Turn Left Step Forward on Left. Step Forward on Right.
6&7 ½ Turn Right Step Back on Left. ½ Turn Right Step Forward on Right. Step Forward on Left. (T2)
8&1 ½ Turn Left Step Back on Right. ½ Turn Left Step Forward on Left. ¼ Turn Left Step Right to Right Side. (9.00)

(26-32) Back Rock, ¼, ¼ & Sweep. Side. Cross. Side. Behind. Side. Cross. Unwind 3/8 Turn Right.

- 2&3 Rock Back on Left. Recover on Right. ¼ Turn Right Stepping Back on Left, sweep Right in to another ¼ Right (weight still on Left). (3.00)
4&5 Step Right to Right Side. Cross Left over Right. Step Right to Right Side.
6&7 Cross Left Behind Right. Step Right to Right Side. Cross Left over Right.
8 Unwind 3/8 Turn Right (weight on Right). (7.30)

(33-41) ½ Turn Left & Sweep. Cross. Back. Back. Back. Side. Cross. Cross. Side. Back. Back. Side. Cross. (Diamond sequence)

- 1 ½ Turn Left Step Forward on Left as you Sweep Right from Back to Front. (1.30)
2&3 Cross Right over Left. Step Back on Left. Step Back on Right. (1.30)
4&5 Step Back on Left. 1/8 Turn Right Step Right to Right Side. 1/8 Turn Right Crossing Left over Right. (4.30)
6&7 1/8 Turn Right Crossing Right over Left. Step Left to Left Side. 1/8 Turn Right Stepping Back on Right. (7.30)
8&1 Step Back on Left. 1/8 Turn Right Stepping Right to Right Side. 1/8 Turn Right Crossing Left over Right. (10.30)

(42-48&) Step. 3/8 Turn Left. Step a ¼ Right. Ball Step with a ¼ Right. Ball Step with a ¼ Right. Step. ½. ¼. Touch.

- 2-3 Step forward on Right. 3/8 Turn Left, weight on Left. (6.00) (T1)
4 ¼ Turn Right Step Forward on Right.
&5&6 Step Left Together. ¼ Turn Right Step Forward on Right. Step Left Together. ¼ Turn Right Step Forward on Right.
7&8& Step Forward on Left. ½ Turn Left Step Back on Right. ¼ Turn Left Step Left to Left Side. Touch Right Beside Left (6.00)

Start Again

Taglets & Restarts: Wall 2 dance up to count 43 then add touch right beside left on count 44, start from beginning (T1).

Wall 5 dance up to count 23 then add touch right beside left on count 24, start from beginning (T2).

Both Restarts facing 12.00.

Ending: After count 28 step left forward against 12.00 to end dance facing front wall.

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