

Any Old Rainbow

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Myra Harrold (SCO) - September 2021
音乐: True Colors - Zedd & Kesha



Intro: 8 Counts

Sect:1 Lunge R,Touch,1&1/4 Turn R,3 Walks 1/2 R ,V Step On Toes

1,2,3&4 Lunge R,Lifting L Toes,Recover Lf,Touch R Toe To Lf ,Pivot 1/4 R,Rf Fwd,Pivot 1/2 R,Lf Back,Pivot 1/2 R,Rf Fwd (3)
5&6,7&8& Turn 1/4 R,Lf Fwd,Turn 1/4 R,Rf Fwd,Lf Fwd,Rf Diag R On Toes,Lf Diag L On Toes,Rf Back To Centre,Lf Back To Centre (9)

Sect:2 Lunge,Recover,Rock Back,Recover,Fwd 1/4,Weave L,Sweep,Weave R,Rock,Recover

1,2,3&4& Lunge Rf Fwd (Reach R Hand Fwd)Recover Lf,Rock Rf Back,Recover Lf,Rf Fwd,Pivot 1/4 L,Lf To L (6)
5&6&7&8& Cross Rf Over Lf,Lf To L,Rf Behind Lf,Sweep Lf To Behind Rf,Rf To R,Rock Lf Over Rf,Recover Rf (6)

Sect:3 Side Rock,Recover,Pencil Turn 1/2,Cross Rocking Chair,Fwd,Hitch,Cross Hitch,Rock,1/4 Rock

1&2,3&4& Rock Lf To L,Recover Rf,Lf Fwd,Pivot 1/2 L Keeping R Toe To Lf,Cross Rock Rf Over Lf,Recover Lf,Rock Rf To R,Recover Lf (12)
5,6,7&8& Cross Rf Over Lf,Hitch Lf,Cross Lf Over Rf,Hitch Rf,Cross Rock Rf Over Lf,Recover Lf,Rock Rf To R,Pivot 1/4 R,Recover Back On Lf (3) Restart Here

Sect:4 Back Rock,1/2 Turn,Back Rock,Spiral Full Turn,Chase 1/2 Turn,Triple Full Turn

1,2&3,4&5 Rock Rf Back,Recover Lf,Pivot 1/2 L,Rf Back,Rock Lf Back,Recover Rf,Lf Fwd,Pivot Full Turn R On Lf,Rf Fwd (9)
6&7&8& Lf Fwd,Pivot 1/2 R Onto Rf,Lf Fwd,Pivot 1/2 L,Rf Back,Pivot 1/2 L,Lf Fwd,Touch Rf To Lf

Restart On Wall 5 - Dance To End Of Section 3 And Restart Dance At 3 O.Clock

To Finish At Front Wall- After The V Step,Step Rf Fwd,Slow Pivot 1/2 L.

(On Certain Walls You Will Hear The Words - Fire In Your Eyes - You Will Be Doing The Cross Walks. You Can Place Your Hands,Palms Facing Fwd,In Front Of Your Eyes And Then Pull Your Hands Apart)