

# Rainbow Reel

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Glynn Rodgers (UK)  
音乐: Irish Stew - Sham Rock



## TOE, HEEL, TOE, TURN, KICK TWICE, ROCK AND RECOVER

- 1-2      Touch right toe to left instep, touch right heel forward
- 3-4      Touch right toe to left instep, turn  $\frac{1}{4}$  over right shoulder on the ball of right foot and heel of left
- 5-6      Kick right foot forward twice
- 7-8      Rock back onto right, recover weight onto left

## SHUFFLE, ROCK, RECOVER, TOUCH TOE, UNWIND, PIVOT TURN

- 1&2      Step forward right, close left to right, step forward right again
- 3-4      Rock forward left, recover weight onto right
- 5-6      Touch left toe back, unwind  $\frac{1}{2}$  turn over left shoulder
- 7-8      Step forward right, turn a  $\frac{1}{4}$  over the left shoulder

## CROSS SHUFFLE, ROCK, RECOVER, SAILOR LEFT AND RIGHT

- 1&2      Cross right over left, step left to left side, cross right over left again
- 3-4      Rock left to left side, recover weight on right
- 5&6      Cross left behind right. Step right to right side. Step left to place
- 7&8      Cross right behind left. Step left to left side. Step right to place

## ROCK, RECOVER, BEHIND, SIDE, CROSS, MONTEREY TURN

- 1-2      Rock left to left side, recover weight on right
- 3&4      Step left behind right, step right to right side, cross left over right
- 5-6      Touch right to right side. On ball of left make  $\frac{1}{2}$  turn right, stepping right beside left
- 7-8      Touch left to left side. Step left beside right

## CHASSE, STOMP, CLAP, BODY ROLL, AND SAILOR

- 1&2      Step right to right side. Close left beside right. Step right to right side
- 3-4      Stomp left foot forward, clap once
- 5-6      Roll body upwards over two counts
- 7&8      Cross left behind right. Step right to right side. Step left to place

## SAILOR TURN, PIVOT TURN, VAUDEVILLE

- 1&2      Cross right behind left. Step left to left side. Step right to place turning a  $\frac{1}{4}$  over right shoulder
- 3-4      Step forward left, turn  $\frac{1}{4}$  over right shoulder
- 5-6      Step left over right, step right to right side
- 7&8      Step diagonally back left, step diagonally back right on right. Touch left heel diagonally forward left

## VAUDEVILLE, SYNCOPATED HEEL AND TOE SWITCHES

- &1      Step left back in-place, cross right over left
- 2      Step left to left side
- 3&4      Step diagonally back right, step diagonally back left. Touch right heel diagonally forward right
- &5      Step right in-place, dig left heel forward
- &6      Step left in-place, dig right heel forward
- &7      Step right back in-place, point left toe to left side
- &8      Step left back in-place point right toe to right side

## **SYNCOPATED HEEL AND TOE SWITCHES, AND TOUCH**

- &1 Step right in-place, turning  $\frac{1}{4}$  over right shoulder, touch left toe to left side
- &2 Step left in-place, touch right toe to right side
- &3 Step right in-place, dig left heel forward
- &4 Step left in-place, dig right heel forward
- &5 Step right in-place, turning  $\frac{1}{4}$  over right shoulder, touch left toe to left side
- &6 Step left in-place, touch right toe to right side
- &7 Step right in-place, dig left heel forward
- &8 Step left in-place, touch right beside left

**REPEAT**

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