

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
