

Rainbows

拍数: 32 墙数: 4 级数: Improver
编舞者: Val Reeves (UK)
音乐: Dance Above the Rainbow - Ronan Hardiman



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|-------|---|
| 1& | Right step forward, left lock behind right |
| 2& | Right step forward, left lock behind right |
| 3& | Right step forward, left lock behind right |
| 4& | Right step forward, left lock behind right |
| 5-6 | Right step forward, scuff left heel |
| 7&8 | Left shuffle backwards |
| 9-10 | Rock back on right, rock forward on left |
| 11&12 | Right shuffle forward |
| 13-14 | Left step across right, right step back turning $\frac{1}{4}$ left |
| 15&16 | Left shuffle in place |
| 17-18 | Right rock forward, left rock back |
| 19&20 | Right shuffle turning $\frac{1}{2}$ turn right |
| 21-22 | Left rock forward, right rock back |
| 23&24 | Left shuffle turning $\frac{1}{2}$ turn left |
| 25-26 | Right kick forward, right kick to side turning $\frac{1}{4}$ turn right |
| 27&28 | Right shuffle in place |
| 29-30 | Left kick forward, left kick to side turning $\frac{1}{4}$ turn left |
| 31&32 | Left shuffle in place |

REPEAT
