

Rainbow

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Sunshine In the Rain - BWO



(32 count intro).

Jazz box x2

1-2 cross right over left, step back on left,
3-4 step right beside left, step left in place,
5-8 repeat steps 1-2 and 3-4

Syncopated vine left, behind side cross to right.

1-2 cross right over left, step left to left side,
3&4 cross right behind left, step left to left side, cross right over left,
5-6 rock left to left side, recover on right,
7&8 cross left behind right, step right to right side, cross left over right

Long step right, tap left beside right, chasse left, long step right, tap left beside right 1/4 turn left, fwd shuffle.

1-2 long step to right on right, tap left beside right,
3&4 chasse left, stepping left, right, left,
5-6 long step right on right, tap left beside right,
7&8 1/4 turn left on left and shuffle fwd, stepping left, right, left, (facing 9, o'clock)

Step fwd right, left, syncopated fwd rock, step back, left, right, syncopated fwd rock.

1-2 walk fwd on right, walk fwd on left,
&3-4 step right beside left, rock fwd on left, recover on right,
5-6 walk back on left, walk back on right,
&7-8 step left beside right, rock fwd on right, recover on left,

Cross mambos x2, fwd rock, coaster step.

1&2 cross right over left, step left in place, step right beside left,
3&4 cross left over right, step right in place, step left beside right,
5-6 rock fwd on right, recover on left,
7&8 step back on right, step left beside right, step fwd on right,

Vine right, sailor heel, cross right over left, step left to left side, back rock.

1-2 cross left over right, step right to right side,
3&4& cross left behind right, step right beside left, step left heel fwd, step left in place,
5-6 cross right over left, step left to left side,
7-8 rock back on right, recover on left

Step fwd, 1/2 turn, cross rock, left chasse, cross chasse.

1-2 step fwd on right, pivot 1/2 turn left,
3-4 cross rock right over left, recover on left,
5&6 chasse right, stepping right, left, right,
7&8 cross chasse right, stepping left, right, left

Paddle 1/4 step left x2, kickball change x2.

1-2 step right to right side, pivot 1/4 turn left on both feet,
3-4 step fwd on right, pivot 1/4 turn left on both feet,
5&6 kick right fwd, step right beside left, step left in place

7&8

repeat steps 5&6

Begin again.
