

Rainbows & Roses

拍数: 32 墙数: 4 级数: Improver
编舞者: Audrey Watson (SCO) - March 2009
音乐: Rainbows and Roses - Ollie Austin : (CD: The Hands of Time)



Intro: 16 Count Intro Start (11 Seconds) on the words "As you are pretty".

SECTION ONE: WALK, WALK, STEP PIVOT ½ TURN STEP, FULL TURN, SHUFFLE.

- 1-2 Walk fwd on right, walk forward on left.
- 3&4 Step fwd on right, pivot ½ turn left, step fwd on right.
- 5-6 Turn ½ right stepping back on left, turn ½ right stepping fwd on right. OR Walk,Walk.
- 7&8 Shuffle fwd on left, right, left.

SECTION TWO: FWD ROCK, FWD ROCK BACK, BACK, BACK, ½ TURN SHUFFLE

- &1-2 Step right next to left, rock fwd on left, recover back on right.
- 3&4 Rock fwd on left, recover back on right, step back on left.
- 5-6 Walk back on right, walk back on left.
- 7&8 Turn ½ right shuffle on right, left, right.

SECTION THREE: CROSS ¼ TURN, COASTER STEP, FWD TOUCH, BACK HOOK, FWD TOUCH, BACK HOOK.

- 1-2 Cross left over right, turn ¼ left stepping back on right.
- 3&4 Step back on left, step right next left, step fwd on left.
- 5&6& Step fwd on right, touch left next right, step back on left, hook right over left shin. (Clap Hands)
- 7&8& Step fwd on right, touch left next right, step back on left, hook right over left shin. (Clap Hands)

SECTION FOUR: WALK, WALK, STEP, PIVOT ½ TURN, KICK & POINT & POINT & STOMP.

- 1-2 Walk fwd on right, step fwd on left.
- 3&4 Step fwd on right, pivot ½ left, step fwd on right.
- 5&6 Kick left foot fwd, step down on ball of left, point right toe to right side.
- &7 Step right next left, point left toe to left side.
- &8 . Step left next right, stomp right next left keeping weight on left foot.

START AGAIN
