

Rainbows End

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Knox Rhine (USA) - January 2009
音乐: Dance Above the Rainbow - Ronan Hardiman
或: Fisher's Hornpipe - David Schnauffer
或: Jig It Up (Instrumental) - Dave Sheriff



Music 1: 16 count intro

Music 2: 8 count intro

Music 3: 16 count intro

CROSS, CLAP, KICK-BALL-CROSS, KICK-BALL-CROSS, UNWIND, CLAP

1-2 Step RIGHT foot across in front of left leg. Clap
3 Kick LEFT foot forward-left
& Step LEFT foot beside right foot
4 Step RIGHT foot across in front of left leg
5 Kick LEFT foot forward-left
& Step LEFT foot beside right foot
6 Step RIGHT foot across in front of left leg
7-8 Unwind 1/2 turn left on ball of BOTH feet. Clap

TRIPLE DOROTHY, PIVOT

9 Step RIGHT foot forward
10 Lock-Step LEFT foot up-behind right foot
& Step RIGHT toe/ball to right side
11 Step LEFT foot forward-left
12 Lock-Step RIGHT foot up-behind left foot
& Step LEFT toe/ball to left side
13 Step RIGHT foot forward-right
14 Lock-Step LEFT foot up-behind right foot
& Step RIGHT toe/ball to right side
15 Step LEFT toe/ball forward
16 Pivot 1/2 turn right on ball of RIGHT foot

TRIPLE DOROTHY, PIVOT

17 Step LEFT foot forward
18 Lock-step RIGHT foot up-behind left foot
& Step LEFT toe/ball to left side
19 Step RIGHT foot forward-right
20 Lock-Step LEFT foot up-behind right foot
& Step RIGHT toe/ball to right side
21 Step LEFT foot forward-left
22 Lock-step RIGHT foot up-behind left foot
& Step LEFT toe/ball to left side
23 Step RIGHT toe/ball forward
24 Pivot 1/2 turn left on ball of LEFT foot

CROSS, CLAP, KICK-BALL-CROSS, KICK-BALL-CROSS, UNWIND, CLAP

25-26 Step RIGHT foot across in front of left leg. Clap
27 Kick LEFT foot forward-left
& Step LEFT foot beside right foot
28 Step RIGHT foot across in front of left leg

29 Kick LEFT foot forward-left
& Step LEFT foot beside right foot
30 Step RIGHT foot across in front of left leg
31-32 Unwind 1/2 turn left on ball of BOTH feet. Clap

SYNCOPATED WEAVE, KICK

33 Step RIGHT foot across in front to left leg
& Step LEFT foot to left side
34 Step RIGHT foot across behind left leg
& Step LEFT foot to left side
35 Step RIGHT foot across in front of left leg
36 Kick LEFT foot forward-left

SYNCOPATED WEAVE, KICK

37 Step LEFT foot across in front of right leg
& Step RIGHT foot to right side
38 Step LEFT foot across behind right leg
& Step RIGHT foot to right side
39 Step LEFT foot across in front of right leg
40 Kick RIGHT foot forward-right

IRISH SHUFFLES, 1/4 TURN, 1/4 TURN

&-41 Lift RIGHT knee up and step across in front of left leg
& Step on ball of LEFT foot
42 Step on ball of RIGHT foot
&-43 Lift LEFT knee and step across in front of right leg
& Step on ball of RIGHT foot
44 Step on ball of LEFT foot
&-45 Lift RIGHT knee and step across in front of left leg
& Step on ball of LEFT foot
46 Step on ball of RIGHT foot
47 Pivot 1/4 turn right on ball of RIGHT foot, stomp LEFT foot beside right foot
48 Pivot 1/4 turn right on ball of RIGHT foot, stomp LEFT foot beside right foot

IRISH SHUFFLES, 1/4 TURN, 1/4 TURN

&-49 Lift LEFT knee up and step across in front of right leg
& Step on ball of RIGHT foot
50 Step on ball of LEFT foot
&-51 Lift RIGHT knee and step across in front of left leg
& Step on ball of LEFT foot
52 Step on ball of RIGHT foot
&-53 Lift LEFT knee and step across in front of right leg
& Step on ball of RIGHT foot
54 Step on ball of LEFT foot
55 Pivot 1/4 turn left on ball of LEFT foot, stomp RIGHT foot beside right foot
56 Pivot 1/4 turn left on ball of LEFT foot, stomp RIGHT foot beside right foot

SYNCOPATED CROSS SIDE SHUFFLES

57 Step RIGHT foot across in front of left leg
& Step LEFT foot to left side
58 Step RIGHT foot across in front of left leg
& Step LEFT foot to left side
59 Step RIGHT foot across in front of LEFT leg
& Step LEFT foot to left side

- 60 Step RIGHT foot across in front of left leg
 - 61 Step LEFT foot across in front of right leg
 - & Step RIGHT foot to right side
 - 62 Step LEFT foot across in front of right leg
 - & Step RIGHT foot to right side
 - 63 Step LEFT foot across in front of right leg
 - & Step RIGHT foot to right side
 - 64 Step LEFT foot across in front of left leg
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