

Celtic Rainbow

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Ros Hancer (UK) - May 2011
音乐: Dance Above the Rainbow - Ronan Hardiman



Alternative: Boy From Ballymore – Shamrock - 16 count from beat

16 Count intro.

S1: Right Rocking Chair, Step Right, Step Left Together, Right Chasse

1-2 Rock forward on right, recover back on left
3-4 Rock back on right, recover forward on left
5-6 Step right, step left next to right
7&8 Chasse right stepping right, left, right

Harder Option Counts 1-4 - Right Mambo Forward, Left Mambo Back

S2: Left Rocking Chair, Step Left, Step Right Together, Left Chasse

1-2 Rock forward on left, recover back on right
3-4 Rock back on left, recover forward on right
5-6 Step left, step right next to left
7&8 Chasse left stepping left, right, left

Harder Option Counts 1-4 - Left Mambo Forward, Right Mambo Back

S3: Right Heel Hold, & Left Heel Hold, Heel Switches, Hook

1-2 Touch right heel forward, hold
&3-4 Step right foot back in place and touch left heel forward, hold
&5 Step left foot back in place touch right heel forward,
&6 Step right foot back in place, touch left heel forward
&7-8 Step left foot back in place, touch right heel forward, hook right leg across left knee

Harder Option Counts 1-8

1-2 Touch right heel forward hold
&3 Step right foot back in place and touch left heel forward
&4 Step left foot back in place touch right heel forward
&5-6 Step right foot back in place and touch left heel forward Hold
&7 Step left foot back in place touch right heel forward
&8& Step right foot back in place, touch left heel forward, step left foot back in place

S4: Right Shuffle Forward, Rock Forward, Recover, Left Coaster Step, Step Pivot ½ Turn

1&2 Right shuffle forward stepping right, left, right
3-4 Rock forward on the left, recover on right
5&6 Step back on the left, step right next to left, step forward on the left
7-8 Step forward on right, pivot ½ turn left (6:00 weight on left ready to start again)

Once beginners have mastered the easy steps they can be changed to the slightly harder ones