

Rainbows

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Phrased Intermediate
编舞者: Aiden Fryer (UK) - April 2014
音乐: Rainbow - Sanna Nielsen



<http://www.justgiving.com/AidenFryerDance>
Please make a Donation to Rainbow Trust Children Charity

*16 count Intro Start on Vocal - Sequence: A- A16&-A- B- Tag- A- A16&-A- B- AA- B- A

PART A - 32 counts

STEP FORWARD ½ FORWARD ½ SWEEP BEHIND SIDE CROSS, ¼ SIDE TOGETHER , LUNGE RECOVER

1&2 Step L Forward (&) Pivot ½ Turn Right Taking Weight On R (2) Step L Forward, (&) Pivot ½ Turn Right Sweeping R Out And Around
3&4 Step R Behind Left & Step L To Left, Step R Across Left
5&6 Making ¼ Turn Left To Left Side Forward & Step R To Right Side, Step L Beside Right
7-8 Lunge Left Recover

CROSS FULL TURN WALK LEFT RIGHT, STEP FORWARD ½ ½ , LARGE STEP BACK , DRAG, ROCK BACK RECOVER

1-2 Full Spin Turn, Step L To Left
& Step R Beside Left
3-4 Walk Forward L, R
5&6 Step ½ Step Forward On Right Step ½ Over Right Shoulder Back On Left
7 Step Back On Right Slide Left Foot
8& Back Rock On Left Recover On Right

CROSS SWEEP FORWARD , CROSS SWEEP ¼ CROSS BACK SIDE CROSS STEP ¼ SIDE ROCK CROSS , FULL TURN

1&2& Step Forward On Left Sweep Right Foot Forward And Around, Cross Right Over Left Sweep Left Foot Forward
3&4 Cross Left Over Right Making ¼ Step Back On Right , Step Left To Left Side ,
5& Cross Right Over Left ¼ Left Stepping Left Foot Forward
6&7 Rocking Right To Right Side , Recover On Left , Cross Right Over Left
8&1 Step Back On Left Make ¼ Over Right Shoulder, Make ½ Over Right S Stepping On Right And ¼ Right Stepping Left To Left Side

SIDE HOLD ROCK BACK POINT, BEHIND ¼ STEP ½ TOGETHER STEP FULL TURN FORWARD

2&3 Rock Right Behind Left Recover On Left Point Right Toe To Right Side
4&5 Step Left Behind , ¼ Turn Right Step Right Forward , Step Left Forward
6&7 Step Right Forward ½ Left Over Left Shoulder Step Right Forward
8& Travelling Forward Full Turn Stepping ½ Step Back On Left ½ Step Forward On Right

PART B - 8 counts

STEP TURN STEP , STEP TURN STEP, FORWARD ROCK RECOVER BACK SWEEP, BACK SWEEP , ROCK BACK RECOVER

1&2 Step Forward On Left ½ Over Right Step Forward On Right, Step Forward On Left
3&4 Step Forward On Right ½ Over Left Step Forward On Left, Step Forward On Right
5&6& Forward Rock On Left Recover Right Step Back On Left , Sweep Right Foot Around And Behind Left
7&8& Step Back On Right Sweep Left Foot Behind , Rock Back On Left Recover On Right

TAG

- 1 Step Pivot $\frac{1}{4}$ Turn Right
- 2& Right To Right Side Touch Left Next To Right
- 3&4 Side Rock To Right Side Recover On Left , Together , Weight On Right

RESTARTS:-

WALL 2 AFTER COUNTS 16&

WALL 3 TAG (after Part B)

WALL 5 After 16&

Sequence: A- A16&-A- B- Tag- A- A16&-A- B- AA- B- A

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