

# Rainbows

**COPPER** KNOB  
BY STEPHEN

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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