

# Rainbow

拍數: 48      牆數: 2      級數: Intermediate NC2  
編舞者: Jessica Boström (SWE) & Katja Grahn - November 2014  
音樂: Rainbow - Sanna Nielsen



(Start after 16 counts, 12 secs in)

**(1-8) Walk x 2. Mambo with a Sweep. Behind. Side. Cross. Rock & Cross.**

1-2            Walk forward Right & Left.  
3&4           Rock forward on Right. Recover on Left. Step back on Right, sweeping Left from front to back.  
5&6           Cross Left behind Right. Step Right to Right Side. Cross Left over Right.  
7&8           Rock Right to Right Side. Recover on Left. Cross Right over Left. (12.00)

**(9-16) ¼ Turn Right. ½ Turn Right. Step. Mambo Step Forward. Run Run Run. ¼ Turn Right with Sway. Sway.**

1&2           ¼ Turn Right Stepping back on Left. ½ Turn Right Step Forward on Right. Step Forward on Left.  
3&4           Rock forward on Right. Recover on Left. Step back on Right.  
5&6           Run back – Left, Right, Left.  
7-8           ¼ Turn Right and Sway Right. Sway Left. (12.00)

**(17-25) ¼ Turn Right & Sweep. Cross. Side Behind & Sweep. Behind. Turn ¼ Left. Step. ½. ½. Step. ½. ½. ¼.**

1            ¼ Turn Right Stepping forward on Right, sweeping Left around from back to front.  
2&3           Cross Left over Right. Step Right to Right Side. Step Left Behind Right as you sweep Right from front to back.  
4&5           Cross Right Behind Left. ¼ Turn Left Step Forward on Left. Step Forward on Right.  
6&7           ½ Turn Right Step Back on Left. ½ Turn Right Step Forward on Right. Step Forward on Left. (T2)  
8&1           ½ Turn Left Step Back on Right. ½ Turn Left Step Forward on Left. ¼ Turn Left Step Right to Right Side. (9.00)

**(26-32) Back Rock, ¼, ¼ & Sweep. Side. Cross. Side. Behind. Side. Cross. Unwind 3/8 Turn Right.**

2&3           Rock Back on Left. Recover on Right. ¼ Turn Right Stepping Back on Left, sweep Right in to another ¼ Right (weight still on Left). (3.00)  
4&5           Step Right to Right Side. Cross Left over Right. Step Right to Right Side.  
6&7           Cross Left Behind Right. Step Right to Right Side. Cross Left over Right.  
8            Unwind 3/8 Turn Right (weight on Right). (7.30)

**(33-41) ½ Turn Left & Sweep. Cross. Back. Back. Back. Side. Cross. Cross. Side. Back. Back. Side. Cross. (Diamond sequence)**

1            ½ Turn Left Step Forward on Left as you Sweep Right from Back to Front. (1.30)  
2&3           Cross Right over Left. Step Back on Left. Step Back on Right. (1.30)  
4&5           Step Back on Left. 1/8 Turn Right Step Right to Right Side. 1/8 Turn Right Crossing Left over Right. (4.30)  
6&7           1/8 Turn Right Crossing Right over Left. Step Left to Left Side. 1/8 Turn Right Stepping Back on Right. (7.30)  
8&1           Step Back on Left. 1/8 Turn Right Stepping Right to Right Side. 1/8 Turn Right Crossing Left over Right. (10.30)

**(42-48&) Step. 3/8 Turn Left. Step a ¼ Right. Ball Step with a ¼ Right. Ball Step with a ¼ Right. Step. ½. ¼. Touch.**

- 2-3 Step forward on Right. 3/8 Turn Left, weight on Left. (6.00) (T1)  
4 ¼ Turn Right Step Forward on Right.  
&5&6 Step Left Together. ¼ Turn Right Step Forward on Right. Step Left Together.¼ Turn Right  
Step Forward on Right.  
7&8& Step Forward on Left. ½ Turn Left Step Back on Right. ¼ Turn Left Step Left to Left Side.  
Touch Right Beside Left (6.00)

**Start Again**

**Taglets & Restarts: Wall 2 dance up to count 43 then add touch right beside left on count 44, start from beginning (T1).**

**Wall 5 dance up to count 23 then add touch right beside left on count 24, start from beginning (T2).**

**Both Restarts facing 12.00.**

**Ending: After count 28 step left forward against 12.00 to end dance facing front wall.**

**Contact: [jessica.bostrom@hotmail.com](mailto:jessica.bostrom@hotmail.com) □**

---