

Rainbow

COPPER KNOB
BYEFOOTETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - November 2017
音樂: Rainbow - Sia : (iTunes)



(8 count intro / Start on Vocals)

[S1] Fwd, Fwd, Fwd w/ 1/4R Sweep, Cross, Side, 1/4L Side, Behind, 1/8L Fwd, Fwd, Fwd, &

- 1 2 Step R forward, Step L forward
3 4& Step R forward w/ L sweep making a 1/4 turn right, Cross R over L, Step L to left side
5 6& Make a 1/4 turn left stepping L to left side, Step R behind L, Make a 1/8 turn left stepping L forward
7 8& Step R forward, Step L forward, Step R forward (10:30)

[S2] Rock Fwd-Recover-Back, Touch Back, Unwind, Fwd, Fwd Rock-Recover-1/8R Side, Syncopated Jazz Box 1/4L

- 1 2& Rock/step L forward, Recover weight on R, Step L back
3 4 Touch R back, Unwind 1/2 right weight ending on R (4:30)
&5 6 Step L forward, Rock/step R forward, Recover weight on L
&7& Make a 1/8 turn right stepping R to right side (6:00), Cross L over R, Make a 1/4 turn left stepping back on R
8& Step L to left side, Step R forward (3:00)

[S3] Step-Pivot 1/2R, Quick Step-Pivot 1/4R, Cross-Side, Rock Back-Recover, 1/2R (&), Rock Back-Recover, 1/2L (&)

- 1 2 Step L forward, Make a 1/2 turn right weight recover on R
&3 Step L forward, Make a 1/4 turn right weight recover on R (12:00)
4& Cross L over R, Step R to right side
5 6& Rock/step L back, Recover weight on R, Make a 1/2 turn right stepping back on L (6:00)
7 8& Rock/step R back, Recover weight on L, Make a 1/2 turn left stepping back on R (12:00)

[S4] 1/2L Fwd, Cross Rock-Recover, 1/4R Fwd, Step-3/4R Spin, Side Lunge, Recover, Drag(Touch) Together

- 1 2 Make a 1/2 turn left stepping L forward, Cross/rock R over L
3 4 Recover weight on L, Make a 1/4 turn right stepping R forward
5 6 Step L forward and make a 3/4 turn right slightly hitch R, Lunge R to right side
7 8 Recover weight on L, Drag R towards L and touch R next to L (6:00)

No Tag no Restart!!

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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