# Rainbow Connected

**拍數:** 24 **牆數:** 4 **級數:** Improver waltz

**編舞者:** Sobrielo Philip Gene (SG) - August 2021

**音樂:** The Rainbow Connection - Sarah McLachlan

或: Rainbow Connection - Kermit

**Intro: 24 Counts @0.16**

**[1-6] LEFT TWIKLE, ¼ BACK 3/8 STEP SIDE**

| | |
|---|---|
| 1-3 | Cross LF over RF (1), rock RF to right (2), recover onto LF (3) |
| 4-6 | Cross RF over LF (4), making ¼ right step LF back (5), making 3/8 right step RF to right (6) (7:30) |

**[7-12] 'S' SHAPE RUNS**

| | |
|---|---|
| 1-3 | Step LF forward (7.30) (1), step RF 1/8 left beside RF (6.00) (2), step LF 1/8 left forward (3) (4.30) |
| 4-6 | Step RF forward (4.30) (4), step LF 1/8 forward right (6:00) (5), step LF 1/8 right forward (6)(7.30) |

**Note: If steps are too confusing, think about being at the bottom of the letter "S" and RUNNING up to the top OF THE "S" shape OR check out video**

**[13-18] WEAVE, STEP HIP SWAY**

| | |
|---|---|
| 1-3 | 1/8 left Cross LF over RF (1), step RF to right(2), Cross LF behind it RF (3) (6:00) |
| 4-6 | Step RF to right and sway hips to right (4), sway hips to left (5), sway hip to right (6) |

**[19-24] STEP ROCK BACK, STEP ¼ SIDE ROCK**

| | |
|---|---|
| 1-3 | Step LF to left (1), rock RF behind LF (2), recover onto left (3) |
| 4-6 | Step RF forward (4), making ¼ right rock LF to left (5), recover onto right (6) (9:00) |

**Tag: Wall 5(12:00)**

| | |
|---|---|
| 1-3 | Cross LF over RF (1), rock RF to right (2), recover onto LF (3) |
| 4-6 | Cross RF over LF (1), rock LF to right (2), recover onto RF (3) |

**Wall 9 (6:00)**
**Dance up to counts 18, hold for 3 counts and restart dance.**

**Restarts work for both songs on the same walls**