

Rainbow 66

拍數: 64 牆數: 2 級數:
編舞者: Peter Metelnick (UK)
音樂: Lyin' to My Heart - Jenai



RIGHT TO RIGHT SIDE, LEFT TOUCH TOGETHER, ½ LEFT TURNING TRIPLE, RIGHT TO RIGHT SIDE, LEFT TOUCH TOGETHER, ¼ & LEFT FORWARD TRIPLE

1-2 Step right foot to right side, touch left together
3&4 Turning ¼ step left forward, turning ¼ left step right to right, step left together
5-6 Step right foot to right side, touch left together
7&8 Turning ¼ step left forward, step right together, step left forward

"WIZARD" STEPS RIGHT & LEFT, RIGHT FORWARD ROCK & RECOVER, ½ RIGHT & RIGHT FORWARD TRIPLE

1 Step right forward on right diagonal
2 Slide left foot together crossing behind right & taking weight on left foot
&3 Step right foot back, step left forward on left diagonal
4 Slide right foot together crossing behind left & taking weight on right foot
&5-6 Step left foot back, rock right foot forward, recover weight on left foot
7&8 Turning ½ right step right foot forward, step left together, step right foot forward

For an easier option to the wizard steps in the first 4 counts you can triple right/left/right on a right diagonal & triple left/right/left on a left diagonal. Continue with the right rock forward

"WIZARD" STEPS LEFT & RIGHT, LEFT FORWARD ROCK & RECOVER, ¾ LEFT TURNING TRIPLE

1 Step left foot forward on left diagonal
2 Slide right foot together crossing behind left & taking weight on right foot
&3 Step left foot back, step right forward on right diagonal
4 Slide left foot together crossing behind right & taking weight on left foot
&5-6 Step right foot back, rock left foot forward, recover weight on right foot
7&8 Turning ½ left step left forward, turning ¼ left step right to right side, step left together

For an easier option to the wizard steps in the first 4 counts you can triple left/right/left on a left diagonal & triple right/left/right on a right diagonal. Continue with the left rock forward

VINE RIGHT 2, LEFT HEEL JACK, VINE RIGHT 2, RIGHT HEEL JACK

1-2 Step right foot to right side, cross step left foot behind right
&3&4 Step right foot back, touch left heel forward, step left back, cross step right over left
5-6 Step left foot to left side, cross step right foot behind left
&7&8 Step left foot back, touch right heel forward, step right back, cross step left over right

RIGHT SIDE TRIPLE, ½ LEFT & LEFT SIDE HOLD, ¼ LEFT & RIGHT FORWARD, ¼ LEFT PIVOT, RIGHT CROSSING TRIPLE

1&2 Step right foot to right side, step left together, step right foot to right side
3-4 Turning ½ left step left foot to left side, hold (optional clap)
5-6 Turning ¼ left on left foot step right foot forward, pivot ¼ left stepping on left foot
7&8 Cross step right over left, step left foot to left side, cross step right over left

LEFT SIDE TRIPLE, ½ RIGHT & RIGHT SIDE HOLD, ¼ RIGHT & LEFT FORWARD, ¼ RIGHT PIVOT, LEFT CROSSING TRIPLE

1&2 Step left foot to left side, step right together, step left foot to left side
3-4 Turning ½ right step right foot to right side, hold (optional clap)
5-6 Turning ¼ right on right foot step left foot forward, pivot ¼ right step on right foot
7&8 Cross step left over right, step right foot to right side, cross step left over right

RIGHT SIDE TRIPLE, ¼ LEFT & LEFT SIDE TRIPLE, WALK FORWARD 2, RIGHT FORWARD ROCK & RECOVER

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
&3&4 Turn ¼ left on right foot, step left foot to left side, step right together, step left foot to left side
5-6 Step right foot forward, step left foot forward
7-8 Rock right foot forward, recover weight on left foot

½ RIGHT & RIGHT FORWARD TRIPLE, LEFT FORWARD TRIPLE, RIGHT JAZZ BOX WITH ¼ RIGHT

- 1&2 Turning ½ right step right foot forward, step left together, step right foot forward
3&4 Step left foot forward, step right foot together, step left foot forward
5-6 Cross step right foot over left, step left foot back
7-8 Turning ¼ right step right foot to right side, step left together

REPEAT
