

Rainbow 66

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK) & Marie Lafferty (UK)
音樂: Hey Mr. DJ - Van Morrison



SIDE-SHUFFLE, TURN, SIDE-SHUFFLE

1&2 Right side-shuffle
& Turn ¼ left on ball of right foot, hitching left knee slightly
3&4 Left side-shuffle

CROSS-ROCK, TURN, ROCK STEP

5-6 Cross-rock right foot over left, recover weight onto left foot & turn ¼ right, stepping slightly forward on right foot
7-8 Rock forward on left foot, recover weight back onto right foot

¾ TRIPLE TURN, POINT, STEP

1&2 Turn ¾ left stepping on left-right-left
3-4 Point right foot out to right side, step forward on right foot

STEP, ½ TURN, OUT OUT, & CROSS

5-6 Step forward on left foot, pivot ½ turn to right
&7 Step slightly to left on left foot, step slightly to right on right foot
&8 Step into center on left foot, cross-step right foot over left

& CROSS, KICK, TOUCH BEHIND, UNWIND

&1 Step to left on left foot, cross-step right foot over left
2 Kick left foot out to left diagonal
3 Touch left foot behind right heel
4 Unwind ½ turn left, weight remains on right foot, now facing 3:00

DIAGONAL SHUFFLES (LEFT THEN RIGHT)

5&6 Left shuffle forward to left diagonal
7&8 Right shuffle forward to right diagonal

TURN SWAY, SWAY, SIDE-SHUFFLE

1 Turn ¼ left to face 12:00, stepping to left on left foot & swaying hips to left
2 Sway hips to right
3&4 Left side-shuffle

CROSS-ROCK TURN, SWEEP, TOUCH/CLICK

5&6 Cross-rock right foot over left, recover weight onto left, turn ¼ right stepping forward on right foot
7 Sweep left foot around from back, stepping down onto it in front of right foot
8 Touch right foot behind left heel / click fingers of right hand at waist height

REPEAT