

Rainbow Strut

拍數: 64 牆數: 0 級數:
編舞者: Diane Jackson (UK)
音樂: Rock At The End Of My Rainbow - Heather Myles



Position: Right Side by Side (a.k.a. Sweetheart) position
Adapted with Permission from Jan Wyllie's "Rainbow's End"

STEP SCUFFS (MOVING FORWARD)

1-4 Step forward on left, scuff right forward, step forward on right scuff left forward
5-8 Step forward on left, scuff right forward, step forward on right scuff left forward

ROCK STEPS, HOLDS

9-12 Rock forward on left, rock back on right, step back on left, hold
13-16 Rock back on right, rock forward on left, step forward on right, hold

STEP PIVOT, STEP, HOLD TWICE

17-18 Step forward on left, pivot ½ turn right transferring weight to right
19-20 Step forward on left, hold
21-22 Step forward on right pivot ½ turn left transferring weight to left
23-24 Step forward on right, hold

TOE STRUTS X 4

25-32 Toe struts (toe heel down 1-2) forward left-right-left-right

HEEL HOOK, HEEL HOOK, STEP LOCK, STEP

33-36 Touch left heel forward, hook across in front of right, touch left heel forward, hook across in front of right
37-40 Step forward left, lock right up behind, step forward left, brush right

HEEL HOOK, HEEL HOOK, STEP LOCK, STEP

41-48 Repeat 33-40 starting with right

FORWARD TOUCH, BACK TOUCH, FORWARD TOUCH, STEP BACK, HOLD

49-50 Step forward on left, touch right toe behind right
51-52 Step back on right, touch left heel forward
53-56 Step forward on left, touch right toe behind left, step back on right, hold

STEP BACK, HITCH, COASTER STEP, HOLD

57-60 Step back left, right, left, hitch right
61-64 Step back on right, step left next to right, step forward on right, hold

REPEAT
