

Rashers Rainbow

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK)
音樂: Dance Above the Rainbow - Ronan Hardiman



TRIPLE STEP IN PLACE, TRIPLE STEP WITH ¼ TURN RIGHT X3

1&2 Triple step in place - right, left, right
3&4 Triple step ¼ turn right in place - left, right, left
5&6 Triple step ¼ turn right in place - right, left, right
7&8 Triple step ¼ turn right in place - left, right, left

FORWARD TOE POINTS, TAP BEHIND, CLAPS (TWICE)

9& Point right forward, step right beside left
10& Point left forward, step left beside right
11&12 Tap right toe behind left heel. Clap hands twice
&13 Step right beside left, point left toe forward
&14 Step left beside right, point right toe forward
&15&16 Step right beside left, tap left toe behind right, clap hands twice

TRIPLE STEP IN PLACE, TRIPLE STEP WITH ¼ TURN LEFT X3

17&18 Triple step in place - left, right, left
19&20 Triple step ¼ turn left in place - right, left, right
21&22 Triple step ¼ turn left in place - left, right, left
23&24 Triple step ¼ turn left in place - right, left, right

FORWARD TOE POINTS, TAPS BEHIND, CLAPS (TWICE)

25& Point left toe forward, step left beside right
26& Point right toe forward, step right beside left
27&28 Tap left toe behind right heel, clap hands twice
&29 Step left beside right, point right toe forward
&30 Step right beside left, point left toe forward
&31&32 Step left beside right, tap right toe behind left, clap hands twice

TAP, HOP & STOMP WITH RIGHT & LEFT, STEPS, SCUFF, HITCH, POINT

33&34 Tap right toe behind left again, hop in place on left, stomp forward right
35&36 Tap left toe behind right, hop in place on right, stomp forward left
37-38 Step forward right, step forward left
39&40 Scuff right forward, hitch right knee, point right toe forward

CHASSE RIGHT, FORWARD ROCK, CHASSE LEFT, FORWARD ROCK

41&42 Step right to right side, close left beside right, step right to right side
43&44 Rock forward on left, rock back on right
45&46 Step left to left side, close right beside left, step left to left side
47-48 Step forward on right, rock back onto left

SYNCOPATED STEPS TURNING FULL TURN RIGHT

Steps 49-52 complete a full turn right

49& Step right forward starting turning to right, step ball of left behind right
50& Step right forward continuing turn right, step ball of left behind right
51& Step right forward continuing turn right, step ball of left behind right
52 Step right forward to complete full turn

SYNCOPATED STEPS TURNING FULL TURN RIGHT

Steps 53-56 complete $\frac{3}{4}$ turn left

- 53& Step left forward starting to turn left, step ball of right behind left
- 54& Step left forward continuing turn left, step ball of right behind left
- 55& Step left forward continuing turn left, step ball of right behind left
- 56 Step left forward to complete $\frac{3}{4}$ turn left

STOMPS WITH HOLDS & CLAPS

- 57-59 Stomp forward right (no weight), hold for two counts
- &60 Clap hands twice
- 61-64 Repeat steps 57-60

REPEAT

Optional steps for counts 57-64

STOMP, ROCK BACK & FORWARD, STOMP

- 57& Stomp forward right, step back on left
 - 58& Rock back on right, rock forward onto left
 - 59-60 Stomp right forward (no weight), hold
 - 61-64 Repeat steps 57-60
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