

Dance Of The Rainbow

COPPERKNOB
BY STEPHEN

拍數: 0 牆數: 0 級數:
編舞者: Unknown
音樂: Man Chang Fei (Extended Version)



PART A

Music is "Man Chang Fei (Extended Version)" by ???

WALK FORWARD AND SHUFFLE FORWARD, ROCK RECOVER AND SHUFFLE BACKWARD

- 1-2 Walk forward right, walk forward left
- 3&4 Forward shuffle - right, left, right
- 5-6 Rock forward on left, recover on right
- 7&8 Back shuffle - left, right, left

WEAVE TO LEFT AND WEAVE TO RIGHT

- 1-4 Cross right over left, step left to left, step right behind left, left point to left
- 5-8 Cross left over right, step right to right, step left behind right, right point to right

ROCK RECOVER, SHUFFLE FORWARD, ROCK RECOVER WITH A ¼ LEFT TURN, TRIPLE STEP

- 1-2 Rock back on right, recover on left
- 3&4 Forward shuffle - right, left, right
- 5-6 Step with ¼ turn to left, recover on right
- 7&8 Triple step in place - left, right, left

PART B

Music is "Zapin"

Starting pose: stand on left (weight on left), point right to right side

TRIPLE STEPS ON THE SPOT, SIDE POINT

- 1-4 Step right beside left, step left beside right, step right beside left, point left to left side
- 5-8 Step left beside right, step right beside left, step left beside right, point right to right side
- 1-8 Repeat above 8 counts

WALK FORWARD, SIDE POINT

- 1-4 Walk forward three steps, right, left, right, point left to left side
- 5-8 Walk forward three steps, left, right, left, point right to right side
- 1-4 Walk forward three steps, right, left, right, point left to left side
- 5-8 Triple step in place, left, right, left, point right to right side

WALK BACKWARD, SIDE POINT

- 1-4 Walk backward three steps, right, left, right, point left to left side
- 5-8 Walk backward three steps, left, right, left, point right to right side
- 1-4 Walk forward three steps, right, left, right, point left to left side
- 5-8 Triple step in place, left, right, left, point right to right side

CROSS, ¼ TURN RIGHT, POINT, FORWARD ½ TURN, LEFT POINT

- 1-4 Cross step right over left, turning ¼ right, step back on left, right step behind left, tap left toe in front of right (3:00)
- 5-8 Step forward on left, turning ½ left, step back on right, left step behind right, tap right toe in front of left (9:00)
- 1-4 Step forward on right, turning ½ right, step back on left, right step behind left, tap left toe in front of right (3:00)
- 5-8 Turn ¾ left, point turn ¼ left on left, turn ¼ left on right, turn ¼ left on left, tap right toe in front of left (6:00)

TRIPLE STEPS ON THE SPOT, SIDE POINT

- 1-4 Step right beside left, step left beside right, step right beside left, point left to left side
5-8 Step left beside right, step right beside left, step left beside right, point right to right side

CROSS, ¼ TURN RIGHT, POINT, FORWARD ½ TURN, LEFT POINT

- 1-4 Cross step right over left, turning ¼ right, step back on left, right step behind left, tap left toe in front of right (3:00)
5-8 Step forward on left, turning ½ left, step back on right, left step behind right, tap right toe in front of left (9:00)

TRIPLE STEPS ON THE SPOT, SIDE POINT

- 1-4 Step right beside left, step left beside right, step right beside left, point left to left side
5-8 Step left beside right, step right beside left, step left beside right, point right to right side

DIAGONAL TWO STEPS, SHUFFLE FORWARD

- 1-2 Two steps diagonal right side - right, left
3&4 Shuffle forward right, left, right (diagonal)
5-6 Two steps diagonal left side - left, right
7&8 Shuffle forward left, right, left (diagonal)
1-2 Repeat above 1-4
5-6 Turn ½ left on left, right step beside left
7-8 Step on left, and touch right beside left

TRIPLE STEPS ON THE SPOT, SIDE POINT

- 1-4 Step right beside left, step left beside right, step right beside left, point left to left side
5-8 Step left beside right, step right beside left, step left beside right, point right to right side

DIAGONAL TWO STEPS, SHUFFLE FORWARD

- 1-2 Two steps diagonal right side - right, left
3&4 Shuffle forward right, left, right (diagonal)
5-6 Two steps diagonal left side - left, right
7&8 Shuffle forward left, right, left (diagonal)
1-2 Repeat above 1 - 2
3&4 Repeat above 3 & 4
5-6 Turn ½ left on left, right step beside left
7-8 Step on left, and touch right beside left

PART C

Music is "Made In India"

With hands in prayer position and weight on left

- 1-2 Point right to right side, touch right beside left

Push both hands slightly towards right and back to chest

- 3-4 Point right to right side and step right beside left

Hands - as above

- 5-6 Point left to left side, touch left beside right

Push both hands slightly towards left and back to chest

- 7-8 Point left to left side and step left beside right

Hands - as above

- 1 Point right toe diagonally right

Move hands from prayer position to align pointing towards diagonal position of right toe

- 2 Step right beside left

Hands back in center prayer position

- 3 Point left toe diagonally left

Move hands from prayer position to align pointing towards diagonal position of left toe

4 Step left beside right

Hands back in center prayer position

Change hands position, left hand and right hand (both hands) with palms pointing outwards, with thumb and index finger touching each other left hand place in front of chest, and right hand place above head position with palms facing upwards

5-6 Walk forward right, walk forward left

7-8 Point right to right side, step right beside left

Turn head to right then back

1-2 Point right to right, recover with $\frac{1}{4}$ turn to left on left

As you recover on left, bring hands back to prayer position in front of chest

ENDING POSE

Greeting position: right cross behind left, both hands in prayer position in front of chest
