

Above The Rainbow

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Miska Honkakoski (FIN)
音樂: Dance Above the Rainbow - Ronan Hardiman



Sequence: AAA, BBB, CDD

PART A

TURNING SHUFFLES, IRISH JIG

& Hop slightly forward on right foot and hook left foot behind the right foot
1&2 ½ turn left and left forward shuffle
3&4 Right shuffle while turning ½ left
& Hook left foot over right foot
5&6 Left shuffle forward
7&8 Scuff right foot forward, hitch right and scoot forward on left foot, step right foot forward

SAILOR, CROSS WIND, SEWINDER LEFT, SIDE STEPS

9&10 Left sailor
11-12 Cross right foot behind left foot, full turn over the right shoulder
13 Step left foot to left side
14&15 Sidewinder left (cross right foot behind left, step left foot to left, step right foot over left)
&16 Step left foot to left, step right foot to right

SEWINDER RIGHT, CROSS WIND, ¼ PIVOT, BODY SLIDE

17&18& Sidewinder right (cross left foot behind right, step right foot to right, step left foot over right)
19-20 Cross left foot behind right, unwind ¾ left
21-22 Step right foot forward, pivot ¼ left (leave body slightly angled to right and turn head down and right)
23-24 Slide right foot beside left (straighten body and head)

SHUFFLE, BRUSH, HOOK, WIND, WALK

& Hook right foot over left
25&26 Right shuffle forward
27-28 Brush left foot forward, hook left foot over right
29-30 Tap left foot over right, unwind ½ right
& Hook right foot over left
31-32 Step right foot forward, step left foot forward

PART B

SIDE STEPS, SEWINDER RIGHT

1-2 Step right foot to right (extend arms out to left), hold
3-4 Step left foot over right, hold
5&6& Sidewinder right: starting on right foot (cross hands at chest height)
7&8 Step right foot to right, stomp left foot beside right twice

SIDE STEPS, SEWINDER LEFT

9-10 Step left foot to left (extend arm out to right), hold
11-12 Step right foot over left, hold
13&14& Sidewinder left: starting on left foot (cross hands at chest height)
15&16 Step left foot to left, stomp right foot beside left twice

SYNCOPATED APPLEJACKS

On counts 17-24, keep elbows close to body. Point forearms and hands in direction of applejacks

17&18& Applejack to the left-center-right-center
19-20 Applejack to the left-center
21&22& Applejack to the right-center-left-center
23-24 Applejack to the right-center

ROCK STEPS, HEEL SLIDE, STOMP, CLAPS

25& Rock right foot forward, recover weight to left foot while turning $\frac{1}{4}$ left
26& Rock right foot back, recover weight to left foot
27&28& Same as 25&26&
29-30 Step right heel diagonal right, slide left foot beside right
31&32 Stomp left foot beside left, clap hands twice while moving weight to left

Optional steps:

IRISH HOPS

25& Hop slightly forward on right foot and hook left foot behind right, hop back on left foot while turning $\frac{1}{4}$ turn left
26& Hop slightly backward on right foot and hook left foot across right, hop forward on left foot
27&28& Same as 25&26&

PART C

CROSS WIND, APPLEJACKS

&1-2 Hop slightly right on right foot, cross left foot behind right, hold
3-4 Unwind $\frac{1}{2}$ left
5&6& Applejack to the left-center-right-center
7&8 Applejack to the left-center-right

CROSS WIND, APPLEJACKS

&9-16 Same as &1-8

CROSS WIND, APPLEJACKS

&17-24 Same as &1-8

CROSS WIND, APPLEJACKS

&25-32 Same as &1-8

Optional steps:

DOUBLE-TIME APPLEJACKS

29& Applejack to the left-center-right-center
30& Applejack to the left-center
31& Applejack to the right-center-left-center
32 Applejack to the right

PART D

SAILORS, CROSS WIND, SCUFF, HITCH, SCOOT, STEP

1&2 Left sailor
3&4 Right sailor
5-6 Cross left foot behind right, unwind $\frac{3}{4}$ left
7&8 Scuff right foot forward, hitch right foot and scoot left foot forward while turning $\frac{1}{4}$ left, step right foot to right

SIDEWINDER RIGHT, CROSS WIND, LIFT 'N' DROPS

9&10& Sidewinder right: starting on left foot
11& Sidewinder right: starting on left foot
12& Touch left toe to left, step left foot beside right
13-14 Step right foot over left, unwind $\frac{1}{4}$ left
&15 Lift both heels, drop both heels

&16 Lift both heels while turning ¼ left, drop both heels

SIDEWINDER RIGHT, CROSS WIND, LIFT 'N' DROPS

17-24 Same as 9-16

SHUFFLE, BRUSH, WIND, STOMPS

& Hook left foot over right
25&26 Left shuffle forward
27-28 Brush right foot forward, hook right foot over left
29 Tap right foot over left
30-31 Unwind full turn left
&32 Stomp right foot, stomp left foot

SIDE STEPS, SIDEWINDER RIGHT

33-34 Step right foot to right (extend arms out to left), hold
35-36 Step left foot over right, hold
37&38& Sidewinder right: starting on right foot (cross hands at chest height)
39&40 Step right foot to right, stomp left foot beside right twice

SIDE STEPS, SIDEWINDER LEFT

41-42 Step left foot to left (extend arm out to right), hold
43-44 Cross right foot across left, hold
45&46& Sidewinder left: starting on left foot (cross hands at chest height)
47&48 Step left foot to left, stomp right foot beside left twice

APPLEJACKS

49&50& Applejack to the left-center-right-center
51&52& Applejack to the left-center-left-center
53&54& Applejack to the right-center-left-center
55&56& Applejack to the right-center-right-center

ROCK STEPS, ¼ TURN; STOMPS

57& Rock right foot forward, recover weight to left foot while turning ¼ left
58& Rock right foot back, recover weight to left foot
59&60& Same as 57&58&
61&62& Same as 57&58&
63 Step right foot forward while turning ¼ left
&64 Stomp left foot beside right twice

Music ends when you are dancing Part D second time. End with two stomps (&32).
