

# 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).**

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