

Rainbow Stew

拍數: 64 牆數: 2 級數: High Beginner
編舞者: Lynne Martino (USA) - February 2008
音樂: Dance Above the Rainbow - Ronan Hardiman



OR: Irish Stew by Sham Rock

[1-8] SIDE POINT, TOUCH, SIDE POINT, STEP, SIDE POINT, TOUCH, SIDE POINT, STEP

1-4 Point R toe out to right side, touch R toe next to L, Point R toe out to right Side, step R next to L
5-8 Point L toe out to left side, touch L toe next to R, Point L toe out to left Side, step L next to R

[9-16] FORWARD POINT, TOUCH, FORWARD POINT, STEP, FORWARD POINT, TOUCH, FORWARD POINT, STEP

1-4 Point R toe forward, touch R toe next to L, Point R toe forward, step R next to L
5-8 Point L toe forward, touch L toe next to R, Point L toe forward, step L next To R

[17-24] FORWARD SHUFFLE, ROCK, SHUFFLE BACK, ROCK

1 & 2 Shuffle forward R,L,R
3, 4 Rock L forward, recover on R
5 & 6 Shuffle back L, R, L
7, 8 Rock R back, recover on L

[25-32] SIDE SHUFFLE, ROCK, RECOVER, SIDE SHUFFLE, ROCK , RECOVER

1 & 2 Shuffle to the right R, L, R
3, 4 Rock L behind R, recover on R
5 & 6 Shuffle to the left L, R, L
7, 8 Rock R behind L, recover on L

[33-40] HEEL, TOUCH, HEEL, STEP, HEEL, TOUCH, HEEL, STEP

1-4 Tap R heel forward, touch R next to L, tap R heel forward, step R next to L
5-8 Tap L heel forward, touch L next to R, tap L heel forward, step L next to R

[41-48] HEEL, STEP, HEEL, STEP, ¼ TURN JAZZ BOX

1-4 Tap R heel forward, step on R, tap L heel forward, step on L
5-8 Cross R over L, step back on L, step ¼ turn right on R, step L next to R

[49-56] REPEAT COUNTS 33-40

[56-64] REPEAT COUNTS 41-48

Begin Again

Added to site - March 7th 2011
