

# Celtic Rainbow

拍數: 32      牆數: 2      級數: Beginner / Improver  
編舞者: Ros Hancer (UK) - May 2011  
音樂: Dance Above the Rainbow - Ronan Hardiman



Alternative: Boy From Ballymore – Shamrock - 16 count from beat

16 Count intro.

## S1: Right Rocking Chair, Step Right, Step Left Together, Right Chasse

1-2            Rock forward on right, recover back on left  
3-4            Rock back on right, recover forward on left  
5-6            Step right, step left next to right  
7&8            Chasse right stepping right, left, right

Harder Option Counts 1-4 - Right Mambo Forward, Left Mambo Back

## S2: Left Rocking Chair, Step Left, Step Right Together, Left Chasse

1-2            Rock forward on left, recover back on right  
3-4            Rock back on left, recover forward on right  
5-6            Step left, step right next to left  
7&8            Chasse left stepping left, right, left

Harder Option Counts 1-4 - Left Mambo Forward, Right Mambo Back

## S3: Right Heel Hold, & Left Heel Hold, Heel Switches, Hook

1-2            Touch right heel forward, hold  
&3-4           Step right foot back in place and touch left heel forward, hold  
&5            Step left foot back in place touch right heel forward,  
&6            Step right foot back in place, touch left heel forward  
&7-8           Step left foot back in place, touch right heel forward, hook right leg across left knee

Harder Option Counts 1-8

1-2            Touch right heel forward hold  
&3            Step right foot back in place and touch left heel forward  
&4            Step left foot back in place touch right heel forward  
&5-6           Step right foot back in place and touch left heel forward Hold  
&7            Step left foot back in place touch right heel forward  
&8&           Step right foot back in place, touch left heel forward, step left foot back in place

## S4: Right Shuffle Forward, Rock Forward, Recover, Left Coaster Step, Step Pivot ½ Turn

1&2            Right shuffle forward stepping right, left, right  
3-4            Rock forward on the left, recover on right  
5&6            Step back on the left, step right next to left, step forward on the left  
7-8            Step forward on right, pivot ½ turn left (6:00 weight on left ready to start again)

Once beginners have mastered the easy steps they can be changed to the slightly harder ones