

Joe's Rainbow

拍數: 36 牆數: 4 級數: Improver
編舞者: Pat Stott (UK) - October 2011
音樂: Over The Rainbow - Joe McElderry



Start on vocals- after 27 seconds

Mambo forward, mambo back, mambo to right side, mambo to left side

1&2 Rock forward on right, recover onto left, close right to left
3&4 Rock back on left, recover onto right, close left to right
5&6 Rock right to right, recover on left, close right to right
7&8 Rock left to left, recover on right, close left to right

Side, together, chasse with ¼ turn right, step forward, ½ pivot right, lock step forward

1 – 2 Step right to right, close left to right
3&4 Step right to right, close left to right, turn ¼ right and step forward on right
5 – 6 Step forward on left, ½ pivot right transferring weight to right
7&8 Step forward on left, lock right behind left, step forward on left

Side, rock, cross, side, rock, cross, rock forward on right, recover, full triple right

1&2 Rock right to right, recover on left, cross right over left
3&4 Rock left to left, recover on right, cross left over right
5 – 6 Rock forward on right, recover onto left
7&8 Turning full turn right – stepping right, left, right

Rock forward on left, recover on right, ¾ triple turn left, side, recover, cross shuffle

1-2 Rock forward on left, recover on right
3&4 Turning ¾ to left – step left, right, left
5 – 6 Rock right to right, recover onto left
7&8 Cross right over left, left to left, cross right over left

**** Restart during wall 3 and 6 – close left to right (&) before you restart**

Turn ¼ right stepping back on left, back on right, coaster step

1 – 2 Turn ¼ right and step back on left, step back on right
3&4 Step back on left, close right to left, step forward on left

Repeat

****Restarts: after 32 counts during wall 3 (facing 6 O'clock) and wall 6 (facing 12 O'clock)**

You need to close left to right (&) before you restart

The music slows down at the end of wall 7 - Dance steps....

1 – 8 of section 1 to fit with the tempo of the music
9 - 16 Gradually turn to front wall swaying hips right and left until the vocals start again then restart from the beginning of the dance facing 12 O'clock on the word "I"

End of music: finishes after the cross shuffle facing 12 O'clock – large step to left and hold