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E-mail: admin@linedancermagazine.com

# Rainbow Reel

64 count, 4 wall, intermediate/advanced level Choreographer: Glynn Rodgers (AppleJack) (England) March 2004

Choreographed to: :Irish Stew by Shamrock; The Boy From Ballymore by Shamrock; Whiskey In The Jar by Shamrock All From Shamrock The Album

#### Start On Vocals

## 1-8: Toe, heel, toe, turn, kick x 2, rock and recover.

- 1-2: Touch right toe to left instep, touch right heel forward.
- 3-4: Touch right toe to left instep, turn 1/4 over right shoulder on the ball of right foot and heel of left
- 5-6: Kick right foot forward twice.
- 7-8: Rock back onto right, recover weight onto left.

### 9-16: Shuffle, rock, recover, touch toe, unwind, pivot turn.

- 1&2: Step forward right, close left to right, step forward right again.
- 3-4: Rock forward left, recover weight onto right.
- 5-6: Touch left toe back, unwind 1/2 turn over left shoulder.
- 7-8: Step forward right, turn a 1/4 over the left shoulder.

#### 17-24: Cross shuffle, rock, recover, sailor left and right.

- 1&2: Cross right over left, step left to left side, cross right over left again.
- 3-4: Rock left to left side, recover weight on right.
- 5&6: Cross left behind right. Step right to right side. Step left to place.
- 7&8: Cross right behind left. Step left to left side. Step right to place.

### 25-32: Rock, recover, behind, side, cross, Monterey turn.

- 1-2: Rock left to left side, recover weight on right.
- 3&4: Step left behind right, step right to right side, cross left over right.
- 5-6: Touch right to right side. On ball of left make 1/2 turn right, stepping right beside left.
- 7-8: Touch left to left side. Step left beside right.

#### 33-40: Chasse, stomp, clap, body roll, and sailor.

- 1&2: Step right to right side. Close left beside right. Step right to right side.
- 3-4: Stomp left foot forward, clap once.
- 5-6: Roll body upwards over two counts.
- 7&8: Cross left behind right. Step right to right side. Step left to place.

#### 41-48: Sailor turn, pivot turn, vaudeville.

- 1&2: Cross right behind left. Step left to left side. Step right to place turning a 1/4 over right shoulder.
- 3-4: Step forward left, turn 1/4 over right shoulder.
- 5-6: Step left over right, step right to right side.
- 7&8: Step diagonally back left, step diagonally back right on right. Touch left heel diagonally forward left.

# 49-56: Vaudeville, Syncopated heel and toe switches.

- &1: Step left back in-place, cross right over left.
- -2: Step left to left side.
- 3&4: Step diagonally back right, step diagonally back left. Touch right heel diagonally forward right.
- &5: Step right in-place, dig left heel forward.
- &6: Step left in-place, dig right heel forward
- &7: Step right back in-place, point left toe to left side.
- &8: Step left back in-place point right toe to right side.

#### 57-64: Syncopated heel and toe switches, and touch.

- &1: Step right in-place, turning 1/4 over right shoulder, touch left toe to left side.
- &2: Step left in-place, touch right toe to right side.
- &3: Step right in-place, dig left heel forward.
- &4: Step left in-place, dig right heel forward.
- &5: Step right in-place, turning 1/4 over right shoulder, touch left toe to left side.
- &6: Step left in-place, touch right toe to right side.
- &7: Step right in-place, dig left heel forward.
- &8: Step left in-place, touch right beside left.