

Rainbows

Phrased, 40 Count, 2 Wall, Intermediate
Choreographer: Aiden Fryer (UK) April 2014
Choreographed to: Rainbows by Sanna Nielson

*16 count Intro Start on Vocal

Sequence: A- A16&-A- B- Tag- A- A16&-A- B- AA- B- A

PART A - 32 counts

STEP FORWARD ½ FORWARD ½ SWEEP BEHIND SIDE CROSS, ¼ SIDE TOGETHER, LUNGE RECOVER

- 1&2& Step L Forward, Pivot ½ Turn Right Taking Weight On R, Step L Forward,
Pivot ½ Turn Right Sweeping R Out And Around
3&4 Step R Behind Left & Step L To Left, Step R Across Left
5&6 Making ¼ Turn Left To Left Side Forward & Step R To Right Side, Step L Beside Right
7-8 Lunge Left Recover

CROSS FULL TURN WALK LEFT RIGHT, STEP FORWARD ½ ½, LARGE STEP BACK, DRAG, ROCK BACK RECOVER

- 1-2 Full Spin Turn, Step L To Left
& Step R Beside Left
3-4 Walk Forward L, R
5&6 Step ½ Step Forward On Right Step ½ Over Right Shoulder Back On Left
7 Step Back On Right Slide Left Foot
8& Back Rock On Left Recover On Right

CROSS SWEEP FORWARD, CROSS SWEEP ¼ CROSS BACK SIDE CROSS STEP ¼ SIDE ROCK CROSS, FULL TURN

- 1&2& Step Forward On Left Sweep Right Forward And Around, Cross Right Over Left Sweep Left Forward
3&4 Cross Left Over Right Making ¼ Step Back On Right, Step Left To Left Side
5& Cross Right Over Left ¼ Left Stepping Left Foot Forward
6&7 Rocking Right To Right Side, Recover On Left, Cross Right Over Left
8&1 Step Back On Left Make ¼ Over Right Shoulder,
Make ½ Over Right Stepping On Right And ¼ Right Stepping Left To Left Side

SIDE HOLD ROCK BACK POINT, BEHIND ¼ STEP ½ TOGETHER STEP FULL TURN FORWARD

- 2&3 Rock Right Behind Left Recover On Left Point Right Toe To Right Side
4&5 Step Left Behind, ¼ Turn Right Step Right Forward, Step Left Forward
6&7 Step Right Forward ½ Left Over Left Shoulder Step Right Forward
8& Travelling Forward Full Turn Stepping ½ Step Back On Left ½ Step Forward On Right

PART B - 8 counts

STEP TURN STEP, STEP TURN STEP, FORWARD ROCK RECOVER BACK SWEEP, BACK SWEEP, ROCK BACK RECOVER

- 1&2 Step Forward On Left ½ Over Right Step Forward On Right, Step Forward On Left
3&4 Step Forward On Right ½ Over Left Step Forward On Left, Step Forward On Right
5&6& Forward Rock On Left Recover Right Step Back On Left, Sweep Right Foot Around And Behind Left
7&8& Step Back On Right Sweep Left Foot Behind, Rock Back On Left Recover On Right

TAG

- 1 Step Pivot ¼ Turn Right
2& Right To Right Side Touch Left Next To Right
3&4 Side Rock To Right Side Recover On Left, Together, Weight On Right

RESTARTS:

- WALL 2 AFTER COUNTS 16&
WALL 3 TAG (after Part B)
WALL 5 After 16&

<http://www.justgiving.com/AidenFryerDance>. Please make a Donation to Rainbow Trust Children Charity