

# CELTIC RAINBOW

**Choreographer:** Ros Hancer

**Music:** Dance Above The Rainbow – Ronan Hardiman

**Descriptions:** 32 count - 2 wall – Beginner/Improver level line dance

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



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## 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**