

Rainbows

LINEDANCE.COM

Count: 40 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Aiden Fryer (UK Nuline) April 2014

Music: Rainbows by Sanna Nielson

<http://www.justgiving.com/AidenFryerDance>

Please make a Donation to Rainbow Trust Children Charity

***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 $\frac{1}{2}$ FORWARD $\frac{1}{2}$ SWEEP BEHIND SIDE CROSS, $\frac{1}{4}$ SIDE TOGETHER ,
LUNGE RECOVER**

- 1&2** Step L Forward (&) Pivot $\frac{1}{2}$ Turn Right Taking Weight On R (2) Step L Forward, (&) Pivot $\frac{1}{2}$ Turn Right Sweeping R Out And Around
- 3&4** Step R Behind Left & Step L To Left, Step R Across Left
- 5&6** Making $\frac{1}{4}$ 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 $\frac{1}{2}$ $\frac{1}{2}$, 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 $\frac{1}{2}$ Step Forward On Right Step $\frac{1}{2}$ 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 $\frac{1}{4}$ CROSS BACK SIDE CROSS STEP $\frac{1}{4}$ SIDE
ROCK CROSS , FULL TURN**

- 1&2&** Step Forward On Left Sweep Right Foot Forward And Around, Cross Right Over Left Sweep Left Foot Forward
- 3&4** Cross Left Over Right Making $\frac{1}{4}$ Step Back On Right , Step Left To Left Side ,

- 5& Cross Right Over Left $\frac{1}{4}$ 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 $\frac{1}{4}$ Over Right Shoulder, Make $\frac{1}{2}$ Over Right S Stepping On Right
And $\frac{1}{4}$ Right Stepping Left To Left Side

SIDE HOLD ROCK BACK POINT, BEHIND $\frac{1}{4}$ STEP $\frac{1}{2}$ 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 , $\frac{1}{4}$ Turn Right Step Right Forward , Step Left Forward
- 6&7 Step Right Forward $\frac{1}{2}$ Left Over Left Shoulder Step Right Forward
- 8& Travelling Forward Full Turn Stepping $\frac{1}{2}$ Step Back On Left $\frac{1}{2}$ 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 $\frac{1}{2}$ Over Right Step Forward On Right, Step Forward On Left
- 3&4 Step Forward On Right $\frac{1}{2}$ 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 $\frac{1}{4}$ 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&

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

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