

Celtic Rainbow

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Count: 32 **Wall:** 2 **Level:** Beginner / Improver

Choreographer: Ros Hancer

Music: Dance Above The Rainbow – Ronan Hardiman

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

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