|  |  |
| --- | --- |
| Rainbow Stew |  |

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | High Beginner | . |
| **Choreographer:** | Lynne Martino (USA) - February 2008 | | | | |
| **Music:** | Dance Above the Rainbow - Ronan Hardiman | | | | |
| . | | | | | | |

**OR: Irish Stew by Sham Rock**

**[1-8] SIDE POINT, TOUCH, SIDE POINT, STEP, SIDE POINT, TOUCH, SIDE POINT, STEP**

|  |  |
| --- | --- |
| 1-4 | Point R toe out to right side, touch R toe next to L, Point R toe out to right Side, step R next to L |

|  |  |
| --- | --- |
| 5-8 | Point L toe out to left side, touch L toe next to R, Point L toe out to left Side, step L next to R |

**[9-16] FORWARD POINT, TOUCH, FORWARD POINT, STEP, FORWARD POINT,TOUCH, FORWARD POINT, STEP**

|  |  |
| --- | --- |
| 1-4 | Point R toe forward, touch R toe next to L, Point R toe forward, step R next to L |

|  |  |
| --- | --- |
| 5-8 | Point L toe forward, touch L toe next to R, Point L toe forward, step L next To R |

**[17-24] FORWARD SHUFFLE, ROCK, SHUFFLE BACK, ROCK**

|  |  |
| --- | --- |
| 1 & 2 | Shuffle forward R,L,R |

|  |  |
| --- | --- |
| 3 ,4 | Rock L forward, recover on R |

|  |  |
| --- | --- |
| 5 & 6 | Shuffle back L, R, L |

|  |  |
| --- | --- |
| 7, 8 | Rock R back, recover on L |

**[25-32] SIDE SHUFFLE, ROCK, RECOVER, SIDE SHUFFLE, ROCK , RECOVER**

|  |  |
| --- | --- |
| 1 & 2 | Shuffle to the right R, L, R |

|  |  |
| --- | --- |
| 3, 4 | Rock L behind R, recover on R |

|  |  |
| --- | --- |
| 5 & 6 | Shuffle to the left L, R, L |

|  |  |
| --- | --- |
| 7, 8 | Rock R behind L, recover on L |

**[33-40] HEEL, TOUCH, HEEL, STEP, HEEL, TOUCH, HEEL, STEP**

|  |  |
| --- | --- |
| 1-4 | Tap R heel forward, touch R next to L, tap R heel forward, step R next to L |

|  |  |
| --- | --- |
| 5-8 | Tap L heel forward, touch L next to R, tap L heel forward, step L next to R |

**[41-48] HEEL, STEP, HEEL, STEP, ¼ TURN JAZZ BOX**

|  |  |
| --- | --- |
| 1-4 | Tap R heel forward, step on R, tap L heel forward, step on L |

|  |  |
| --- | --- |
| 5-8 | Cross R over L, step back on L, step ¼ turn right on R, step L next to R |

**[49-56] REPEAT COUNTS 33-40**

**[56-64] REPEAT COUNTS 41-48**

**Begin Again**

**Added to site - March 7th 2011**