

# RAINBOWS & ROSES

**COPPER KNOB**  
ART OF MOVEMENT

**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Audrey Watson (Scotland) March 2009

**Music:** Rainbows and Roses by Ollie Austin from The Hands of Time cd, (96bpm)



**Intro: 16 Count Intro Start (11 Seconds) on the words "As you are pretty".**

## **SECTION ONE: WALK, WALK, STEP PIVOT ½ TURN STEP, FULL TURN, SHUFFLE.**

- 1-2                      Walk fwd on right, walk forward on left.
- 3&4                    Step fwd on right, pivot ½ turn left, step fwd on right.
- 5-6                    Turn ½ right stepping back on left, turn ½ right stepping fwd on right. OR Walk,Walk.
- 7&8                    Shuffle fwd on left, right, left.

## **SECTION TWO: FWD ROCK, FWD ROCK BACK, BACK, BACK , ½ TURN SHUFFLE**

- &1-2                   Step right next to left, rock fwd on left, recover back on right.
- 3&4                    Rock fwd on left, recover back on right, step back on left.
- 5-6                    Walk back on right, walk back on left.
- 7&8                    Turn ½ right shuffle on right, left, right.

## **SECTION THREE: CROSS ¼ TURN, COASTER STEP, FWD TOUCH, BACK HOOK, FWD TOUCH, BACK HOOK.**

- 1-2                    Cross left over right, turn ¼ left stepping back on right.
- 3&4                    Step back on left, step right next left, step fwd on left.
- 5&6&                   Step fwd on right, touch left next right, step back on left, hook right over left shin.  
(Clap Hands)
- 7&8&                   Step fwd on right, touch left next right, step back on left, hook right over left shin.  
(Clap Hands)

## **SECTION FOUR: WALK, WALK, STEP, PIVOT ½ TURN, KICK & POINT & POINT & STOMP.**

- 1-2                    Walk fwd on right, step fwd on left.
- 3&4                    Step fwd on right, pivot ½ left, step fwd on right.
- 5&6                    Kick left foot fwd, step down on ball of left, point right toe to right side.
- &7                    Step right next left, point left toe to left side.
- &8 .                    Step left next right, stomp right next left keeping weight on left foot.

**START AGAIN**