

# Rainbow Stew

**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**