

Rainbows

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 ½ FORWARD ½ SWEEP BEHIND SIDE CROSS, ¼ SIDE TOGETHER , LUNGE RECOVER

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|-----|---|
| 1&2 | Step L Forward (&) Pivot ½ Turn Right Taking Weight On R (2) Step L Forward, (&) Pivot ½ Turn Right Sweeping R Out And Around |
| 3&4 | Step R Behind Left & Step L To Left, Step R Across Left |
| 5&6 | Making ¼ 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 ½ ½ , LARGE STEP BACK , DRAG, ROCK BACK RECOVER

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|-----|--|
| 1-2 | Full Spin Turn, Step L To Left |
| & | Step R Beside Left |
| 3-4 | Walk Forward L, R |
| 5&6 | Step ½ Step Forward On Right Step ½ 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 ¼ CROSS BACK SIDE CROSS STEP ¼ 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 ¼ Step Back On Right , Step Left To Left Side , |
| 5& | Cross Right Over Left ¼ 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 ¼ Over Right Shoulder, Make ½ Over Right S Stepping On Right And ¼ Right Stepping Left To Left Side |

SIDE HOLD ROCK BACK POINT, BEHIND ¼ STEP ½ TOGETHER STEP FULL TURN FORWARD

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|-----|---|
| 2&3 | Rock Right Behind Left Recover On Left Point Right Toe To Right Side |
| 4&5 | Step Left Behind , ¼ Turn Right Step Right Forward , Step Left Forward |
| 6&7 | Step Right Forward ½ Left Over Left Shoulder Step Right Forward |
| 8& | Travelling Forward Full Turn Stepping ½ Step Back On Left ½ Step Forward On Right |

PART B - 8 counts

STEP TURN STEP , STEP TURN STEP, FORWARD ROCK RECOVER BACK SWEEP, BACK SWEEP , ROCK BACK RECOVER

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|-----|---|
| 1&2 | Step Forward On Left ½ Over Right Step Forward On Right, Step Forward On Left |
|-----|---|

3&4 Step Forward On Right ½ 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 ¼ 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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