

Rainbow Connection

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Kim Ray (UK) - December 2019
音乐: The Rainbow Connection (Outtake) - Carpenters : (Album: 35th Anniversary Edition)



Intro: 24 counts on vocals

S1: LEFT TWINKLE, ¼ TURN RIGHT TWINKLE X 2

1-3 Cross left over right, step right to right side, step left next to right
4-6 Cross right over left, ¼ turn right stepping left to left side, step right to right side (3:00)
7-9 Cross left over right, step right to right side, step left next to right
10-12 Cross right over left, ¼ turn right stepping left to left side, step right to right side (6:00)

S2: CROSS, TOUCH, KICK, BEHIND, SIDE, CROSS, STEP SIDE, TOUCH, STEP SIDE

1-3 Cross right over left (7:30), touch left toe next to right, kick right forward
4-6 Cross right behind left, step left to left side (6:00), cross right over left
7-9 Step left to left side, slide right toe next to left, slide right toe to right side & take the weight
(RESTART HERE ON WALL 5 FACING 6:00)
10-12 Cross left behind right, step right to right side, cross left over right (7:30)

S3: STEP FORWARD, TOUCH BEHIND, STEP BACK, COASTER STEP X 2

1-3 Step forward on right, touch left toe behind right heel, step back on left
4-6 Step back on right, step left next to right, step forward on right
7-9 Step forward on left, touch right toe behind left heel, step back on right
10-12 Step back on left, step right next to left, step forward on left (7:30)

S4: PIVOT ½ TURN LEFT, STEP FORWARD, SPIRAL RIGHT, MAMBO STEP, STEP BACK, ½ TURN LEFT, STEP FORWARD

1-3 Step forward on right, ½ pivot turn left, step forward on right (1:30)
4-6 Step forward on left, full spiral turn right, step forward on right
7-9 Rock forward on left, recover back on right, step back on left
10-12 Step back on right, ½ turn left stepping forward on left, step forward on right (7:30)

NOTE: Left twinkle to start the dance again will straighten you up to 12:00

TAG danced at end of wall 2 facing 12:00)

CROSS ROCK/RECOVER, STEP SIDE, BACK ROCK/RECOVER, STEP SIDE

1-3 Cross rock left over right, recover back on right, step left to left side
4-6 Rock back on right, recover on left, step right to right side

NOTE: During wall 8 the tracks slow down, keep with the tempo and it will pick up again at start of wall 9.

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