

Dance Above The Rainbow (P)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Claire Waugh (UK)
音乐: Swing Swing Highland Fling - The Sporrán Brothers



Position: Start with man facing OLOD lady facing ILOD hading both hands

MAN

SIDE SHUFFLE & ROCK STEPS (HOLDING BOTH HANDS IN FRONT)

1&2 Side shuffle left stepping left-right-left
3-4 Rock back on right, recover onto left
5&6 Side shuffle right stepping right-left-right
7-8 Rock back on left, recover onto right

SIDE SHUFFLE ¼ TURN, PIVOT ½ TURN, ¼ TURN SIDE SHUFFLE & ROCK STEPS

1&2 Side shuffle to left making ¼ turn left stepping left-right-left
3-4 Step forward right, pivot ½ turn left
5&6 Side shuffle right making ¼ turn right stepping right-left-right
7-8 Rock back on left, recover onto left

SHUFFLE FORWARD, (CHANGING PLACES), ROCK & RECOVER, ROCK & CROSS STEPS

1&2 Left shuffle forward turning ½ turn left stepping left-right-left
Change places with each other: man is now on inside & lady on outside, release both hands. Raise hands, man's left lady's right, as lady turns under arm
3-4 Rock back on right, recover onto left
Regain double hand hold in front before you rock & cross
5&6 Rock right to right side, step left in place
Cross right over left
7&8 Rock left to left side, step right in place, cross left over right

SIDE SHUFFLE & ROCK STEPS, SIDE SHUFFLE ¼ TURN, PIVOT ½ TURN

1&2 Side shuffle right stepping right-left-right
3-4 Rock back on left, recover onto right
5&6 Side shuffle to left making ¼ turn left stepping left-right-left
7-8 Step forward right, pivot ½ turn left
Release hold of inside hands as you start to turn outwards away from partner

SHUFFLE FORWARD, FULL TURN OUTWARDS, SHUFFLE FORWARD FULL TURN INWARDS

1&2 Right shuffle forward
Rejoin hold of inside hands when shuffling forward
3-4 Full outward turn right stepping left-right
Release inside hands as you turn outwards away from partner
Option - two walks forward may be substituted for those who don't wish to turn
5&6 Left shuffle forward
7-8 Full inward turn stepping right-left
Release hold of inside hands as you turn inwards toward your partner
Option - two walks forward may be substituted for those who don't wish to turn

¼ TURN SIDE SHUFFLE & ROCK STEPS, SHUFFLE FORWARD (CHANGING PLACES) ROCK & RECOVER

1&2 Side shuffle right making ¼ turn right stepping right-left-right
3-4 Rock back on left, recover onto right
5&6 Left shuffle forward turning ½ turn right, stepping left-right-left

Change places with each other: man is now on outside & lady on inside, release hands, mans right lady's left, raise hands man's left & lady's right as man turns under arm

7-8 Rock back on right, recover onto left

ROCK & CROSS STEPS, SIDE SHUFFLE ¼ TURN, PIVOT ½ TURN

1&2 Rock right to right side, step left in place, cross right over left

3&4 Rock left to left side, step right in place, cross left over right

Regain double hand hold in front before you rock & cross

5&6 Side shuffle right making ¼ turn right stepping right-left-right

7-8 Step forward left, pivot ½ turn right

Release hands as you start turn outwards away from partner

SHUFFLE FORWARD, FULL TURN OUTWARD, FULL TURN OUTWARDS, ROCK RECOVER, ¼ TURN ROCK & CROSS STEP

1&2 Left shuffle forward

Rejoin hold of inside hands when shuffling forward

3-4 Full outward turn left stepping right-left

Release inside hands as you turn outwards away from partner

Option - two walks forward may be substituted for those who don't wish to turn

5-6 Rock forward on right, recover onto left

Regain hold of inside hands as you rock forward and recover

7&8 Rock right to right side making ¼ turn back to right, step left in place, cross right over left

Release inside hands as you make ¼ turn & then regain double hand hold in front before you rock & cross

REPEAT

LADY

SIDE SHUFFLE & ROCK STEPS (HOLDING BOTH HANDS IN FRONT)

1&2 Side shuffle right right-left-right

3-4 Rock back on left, recover onto right

5&6 Side shuffle left left-right-left

7-8 Rock back on right, recover onto left

SIDE SHUFFLE ¼ TURN, PIVOT ½ TURN, ¼ TURN SIDE SHUFFLE & ROCK STEPS

1&2 Side shuffle to right making ¼ turn right stepping right-left-right

3-4 Step forward left, pivot ½ turn right

5&6 Side shuffle left making ¼ turn left stepping left-right-left

7-8 Rock back on right, recover onto left

SHUFFLE FORWARD, (CHANGING PLACES), ROCK & RECOVER, ROCK & CROSS STEPS

1&2 Right shuffle forward making ½ turn right stepping right-left-right

Change places with each other: man is now on inside & lady on outside, release both hands man's right lady's left, raise hands, man's left lady's right as lady turns under arm

3-4 Rock back on left, recover onto right

Regain double hand hold in front before you rock & cross

5&6 Rock left to left side, step right in place, cross left over right

7&8 Rock right to right side, step left in place, cross right over left

SIDE SHUFFLE & ROCK STEPS, SIDE SHUFFLE ¼ TURN, PIVOT ½ TURN

1&2 Side shuffle left stepping left-right-left

3-4 Rock back on right, recover onto left

5&6 Side shuffle right making ¼ turn right stepping right-left-right

7-8 Step forward left, pivot ½ turn right

Release hold of inside hands as you start to turn outwards away from partner

SHUFFLE FORWARD, FULL TURN OUTWARDS, SHUFFLE FORWARD FULL TURN INWARDS

1&2 Left shuffle forward

3-4 Full outward turn left stepping right-left

Release inside hands as you turn outwards away from partner

Option - two walks forward may be substituted for those who don't wish to turn

5&6 Right shuffle forward

7-8 Full inward turn stepping left-right

Release hold of inside hands as you turn inwards toward your partner

Option - two walks forward may be substituted for those who don't wish to turn

¼ TURN SIDE SHUFFLE & ROCK STEPS, SHUFFLE FORWARD (CHANGING PLACES) ROCK & RECOVER

1&2 Side shuffle left making ¼ turn left stepping left-right-left

3-4 Rock back on right, recover onto left

5&6 Right shuffle forward making ½ turn left, stepping right-left-right

Change places with each other: man is now on outside & lady on inside, release hands, mans right lady's left, raise hands man's left & lady's right as man turns under arm

7-8 Rock back on left, recover onto right

ROCK & CROSS STEPS, SIDE SHUFFLE ¼ TURN, PIVOT ½ TURN

1&2 Rock left to left side, step right in place, cross left over right

3&4 Rock right to right side, step left in place, cross right over left

Regain double hand hold in front before you rock & cross

5&6 Side shuffle left making ¼ turn left stepping left-right-left

7-8 Step forward right, pivot ½ turn left

Release hands as you start turn outwards away from partner

SHUFFLE FORWARD, FULL TURN OUTWARD, FULL TURN OUTWARDS, ROCK RECOVER, ¼ TURN ROCK & CROSS STEP

1&2 Right shuffle forward

3-4 Full outward turn right stepping left-right

Release inside hands as you turn outwards away from partner

Option - two walks forward may be substituted for those who don't wish to turn

5-6 Rock forward on left, recover onto right regain hold of inside hands as you rock forward and recover

7&8 Rock left to left side making ¼ turn back to left, step right in place, cross left over right

Release inside hands as you make ¼ turn & then regain double hand hold in front before you rock & cross

REPEAT
