

Rainbow

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lorraine Macmillan (NZ) - May 2025
音樂: Rainbow - Russ Hamilton



Start: On the second word of the vocals, "saving", approximately 10 seconds in.

No tags or restarts.

VINE RIGHT, VINE LEFT

1-4 Step R to side, step L behind R, step R to side, touch L beside R
5-8 Step L to side, Step R behind L, Step L to side, touch R beside L

WALK BACK x 3, HOOK, LOCK FORWARD, TOUCH

9-12 Walk back R, L, R, Hook L across R
13-16 Step L fwd, Step R behind L, Step L fwd, Touch R beside L

BOX

17-20 Step R to side, Step L beside R, Step R back, Touch L beside R
21-24 Step L to side, Step R beside L, Step L fwd, Touch R beside L

K-STEP TURNING ¼ RIGHT (clapping on touches)

25-28 Step R diagonally forward R, touch L beside R, Step L diagonally back L, touch R beside L
29-32 Step R diagonally back R, making 1/4 turn R, touch L beside R, Step L diagonally forward L, touch R beside L

Repeat from the beginning.

Ending (to front wall):

On final wall (facing 9:00), dance counts 1–16, then:

Step R to side, step L beside R, turn ¼ R stepping forward on R, touch L beside R — now facing 12:00.

Notes:

This dance was designed for new beginner dancers at our Dunedin 60 Plus Line Dancing Club, with the goal of introducing and reinforcing several fundamental steps commonly used in line dancing.

During the initial teaching phase, we recommend dancing it as a one-wall routine by omitting the ¼ right turn at step 29 and completing the K step at the front wall. This allows new dancers to focus on mastering the steps without the added challenge of changing direction. Once they're confident, it can be transitioned into a full four-wall dance if desired.

Alternative music we have used for various theme days include:

Music: That'll Be The Day – Buddy Holly

Intro: Start on the 2nd word, "That", approximately 4 seconds in.

Restart: During Wall 5 (facing 12:00), dance the first 16 counts, then restart the dance.

Music: Always Look on the Bright Side of Life – Monty Python

Intro: Start on the word, "Always", approximately 25 seconds in.

No tags or restarts.

Music: I'm the One Who Loves You – Dean Martin

Intro: Start on the 3rd word, "All", approximately 9 seconds in.

Tag: At the end of Wall 5 (facing 3 o'clock), add a 4-count tag:

Side, Touch, Side, Touch (R to side, touch L beside R; L to side, touch R beside L)

Ending (to front wall):

On final wall (facing 9:00), dance counts 1–16, then:

Step R to side, step L beside R, turn $\frac{1}{4}$ R stepping forward on R, touch L beside R — now facing 12:00.

Music: Cupid – Sam Cooke

Intro: Start on the 1st word, “Cupid”, approximately 8 seconds in.

No tags or restarts but to finish at the front wall, omit the $\frac{1}{4}$ turn on the final K-step

Music: Rudolph the Red Nosed Reindeer – Bellamy Brothers

Intro: Start on the word, “Rudolph”, approximately 21 seconds in

No tags or restarts.

The songs may be vintage, but so are we — classic, coordinated, and still hooked on the dance!
