

# RAINBOW

Music: Rachel Mac

[music.apple.com/us/album/rainbow-the-voice-performance-single/1566795111](https://music.apple.com/us/album/rainbow-the-voice-performance-single/1566795111)

Single Time 2:19 Slow down w/ -7% Available from choreographer

Rhythm: **Slow Two Step** Phase: **V+2U (Cont Trav R Turns + Passing X-Chasse)**

Footwork: **Opposite except where (Noted)**

Release Date: April 22

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: **INTRO ABC ABC C(5-8) END**



## INTRO

### 01-04 LOOSE CP WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; FULL BASIC to Manvrg ; ;

{Wait} Loose CP Wall ld ft free wt 2 meas ; ; {Full Basic to Manvrg} Sd L, -, XRib(W XLib), rec L ; Sd R, -, XLib (W XRib), rec R to BFLY WALL & Manvrg ;

## PART A

### 01-04 CONTINUOUS TRAVELING RIGHT TURNS ; ; ; FORWARD FACE CLOSE ;

{Continuous Traveling Right Trns} Foldg RF ifo W sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M Fcg DLW ; Fwd R outsd ptr foldg RF square to ptr & CP RLOD, -, bk L pivot 1/2 RF, fwd R cont RF pivot (W bk L trng RF to square w/ ptr, -, fwd R pivot 1/2 RF, bk L cont RF pivot) to end approx CP DRW ; Cont RF trn sd & bk L to CP RLOD, -, XRib pressure wgt, twist trn 5/8 RF on both ft to fc DLW & shift full wgt bk to L (W fwd R LOD btwn M's ft, -, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checkg) to end BJO M fcg DLW ; {Fwd Fc cl to BFLY} Fwd R LOD outsd ptr, -, trng RF to fc ptr sd L, cl R (W bk L LOD, -, trng RF sd R to fc ptr, cl L) to BFLY WALL ;

### 05-08 LUNGE BASICS to Pickg Up ; ; LEFT TURN w/ INSIDE ROLL ; HIP LIFT ;

{Lunge Basics to Pickg Up} Sd L, -, rec R, XLif (W XRif) ; Sd R, -, rec L, XRif (W XLif) to BFLY WALL & Pickg Up ; {Left Trn w/ Insd Roll} Fwd L com LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg 1/4 LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to Loose CP COH ; {Hip Lift to Manvrg} Sd R bring L ft along sd R ft, -, w/ pressure on L toe lift L hip, lwr L hip to BFLY COH ;

### 09-13 FENCE LINE w/ ARMSWEEP ; HORSESHOE TURN ; ; FENCE LINE w/ ARMSWEEP ; RIFF TURN to Pickg Up ;

{Fence Line w/Armsweep} Sd L, -, [circg trl arm full CCW (W circ trl arm full CW)] XRif (W XLif) on soft knee, rec L to BFLY COH ; {Horseshoe Trn} [Relg trl hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRib (W [Relg trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib) end LOP LOD ; Fwd L comm circular walk CCW, -, raisg jnd ld hnds fwd R cont circular walk, fwd L complg circular walk (W fwd R comm RF circular walk CW, -, fwd L cont RF circular walk under jnd ld hnds, fwd R complete circular walk) to BFLY WALL ; {Fence Line w/Armsweep} Sd R, -, [circg trl arm full CW (W circ ld arm full CCW)] XLif (W XRif) on soft knee, rec R to BFLY WALL & Pickg Up ; {Riff Trn} [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (W sd & fwd R com RF spin, cl L compg full RF spin, fwd R com RF spin, cl L compg 2 nd full spin undr jnd hnds) to BFLY WALL & Pickg Up ;

## PART B

### 01-04 TRAVELING X-CHASSE ; PASSING X-CHASSE ; W PASSING X-CHASSE ; TRAVELING X-CHASSE to WALL ;

(Travlg X-Chasse) [Jng both hnds low] Trng LF fwd L to LOD, -, sd & fwd R, XLif (W bk R LF trn, -, bk & sd L, XRif) to DLC ; (Passg X-Chasse) Fwd R to LOD trng RF fc Wall, -, fwd & sd L cont RF trn, XRif ifo W fc DRW (W bk L trng RF, -, small sd R fc COH, XLif) ; {W Passg X-Chasse} Bk L trng RF, -, small sd R fc COH, XLif (W fwd R trng RF, -, fwd & sd L cont RF trng, XRif of M fwd DRW) ; (Travlg X-Chasse to WALL) Fwd R to LOD trng RF, -, sd & fwd L, XRif (W bk R trng LF, -, bk & sd L to fcg COH, XRif) to BFLY WALL ;

### 05-08 UNDERARM TURN ; BACK BREAK & W's HEAD LOOP to 1/2 OP LOD ; TWO SWITCHES to Loose CP WALL ; ;

{Underarm Trn} Sd L raisg jnd ld hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd ld hnds, -, XLif cont RF trn 1/2, rec R compg full trn) to BFLY WALL ; {Bk Break & W's Head Loop to 1/2 OP LOD} Sd R loop M's rt hnd W's lft hd over W's head placg hnds on W's rt shldr, -, bk L, rec fwd R LOD (W sd L loop M's rt hnd W's lft hd over head, -, bk R, rec fwd L) to 1/2 OP LOD ; {2 Switches to Loose CP Wall} Sd L Xg ifo W to 1/2 L-LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to 1/2 OP LOD, fwd R trn RF (W sd L Xg ifo M, fwd R to 1/2 OP, fwd L trn LF) to fcg ptr & Loose CP WALL ;

## PART C

### **01-04 STROLLING VINE w/ HESITATION & INSIDE ROLL ; ; STROLLING VINE w/ HESITATION & OUTSIDE ROLL ; ;**

{**Strollg Vine w/ Hesitation & Insd Roll**} [SQ&; SQQ] Sd L, -, XRib, swiv 1/8 LF on R (*W sd R, -, XLif, swiv 1/8 LF on L*) ; Sd & fwd L trng LF raisg ld hnds, -, fwd R, XLif to fc COH (*W fwd R across LOD trng LF, -, roll LF under ld hnds L, R to fc ptr*) ;  
{**Strollg Vine w/ Hesitation & Outsd Roll**} [SS; SQQ] Sd R, -, XLib, swiv 1/8 RF on L (*Sd L, -, XRif, swiv 1/8 RF on R*) ; Sd & fwd R trng RF raisg ld hnds, -, fwd L, XRif to fc WALL (*W fwd L across LOD trng RF, -, roll RF under ld hnds R, L to fc ptr*) ;

### **05-09 PREPARATION to AIDA ; AIDA LINE & HIP ROCK TWO ; SWIVEL to FACE & SPOT TURN TWICE ; ;**

**RIFF TURN to Manvrg [2<sup>de</sup> Time: to BFLY] ;**

{**Aida Preparation**} Sd L w/ bdy rise to "V", -, thru R startg to bring trl hnds thru, sd L trng RF (*W LF*) ; {**Aida Line & Hip Rock 2**} Contg to trn & contg arm circle bk R in Aida Line w/ bdy rise & arms xtnd sd & bk, -, hip rk fwd L, hip rk bk R ; {**Swiv to Fc & Spot Trn x 2**} Fwd L & swiv to fc, -, XRif trng ½ LF, rec L cont LF trn to fc ptr ; Sd R, -, XLif trng ½ RF, rec R cont RF trn to fc ptr ; {**Riff Trn**} Repeat meas 13 Part A Manvrg [2<sup>de</sup> Time: to BFLY] ;

## ENDING

### **01-04 SIDE BASIC ; REVERSE UNDERARM TURN ; PREPARATION to AIDA ; AIDA LINE & HIP ROCK TWO ;**

{**Sd Basic**} Repeat meas 3 Intro ; {**Reverse Underarm Trn**} Relg trl hnds sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (*W sd L com LF trn undr jnd ld hnds, -, XRif cont ½ LF trn, rec L compg full trn*) to BFLY WALL ; {**Aida Preparation**} Repeat meas 5 Part C ; {**Aida Line & Hip Rock 2**} Repeat meas 6 Part C and slow down ;

### **05-06 SWIVEL to FACE & SPOT TURN & WAIT ~; On the word "Head" SIDE & FORWARD to SCAR /W DEVELOPE ;**

{**Swiv to Fc & Spot Trn & Wait**} Slow down Repeat meas 7 Part C ~; {**On the word "Head"**} Sd & Fwd to SCAR/ W **Develope**} [SS] Sd R, -, fwd swiv to Scar DRW (*W sd L, -, bk swiv to Scar, bring L ft up to insd of R knee and xtnd fwd*) ;