Over The Rainbow

Choreo: Casey & Sharon Parker, 11168 Lodouca Dr, Manteca, Ca. 95336  email: trustme@pacbell.net
Artist: Manuel & The Music Of The Mountains  [2:47]  Speed: As downloaded
Footwork: Opposite, Unless noted (W’s footwork in parenthesis)
Rhythm: Bolero  Phase: IV  Difficulty: Easy
Sequence: Intro – A – A – B – A – A – B mod – End  Released: Jan 2014

Intro
1 – 4 BFLY WALL lead ft free Wait 2 meas;; Hip Lift L & R;
1-4 BFLY WALL lead ft free Wait 2 meas;;  {Hip Lift L & R} Sd L bringing R ft to weighted ft, -, with slight pressure on R ft lift R hip, lower R hip; Sd R bringing L ft to weighted ft, -, with slight pressure on L ft lift L hip, lower L hip;

Part A
1 – 8 Basic;; Prepare the Aida; Aida Line with Hip Rks to fc; Hip Rks; Rev Undrm Trn; Shldr-Shldr twice;;
1-4 {Basic} Sd L with bdy rise, -, Bk R with slipping action, Fwd L; Sd R with bdy rise, -, Fwd L with slipping action, Bk R; {Prepare the Aida} Sd L to a tight SCP, -, thru R, trng RF step Sd L; {Aida Line with Hip Rks} cont RF turn Bk R in aida line, -, Rk Fwd L, Rec R;
5-8 {to fc & Hip Rks} Fwd L trng LF (RF) to fc, -, Sd R with hip roll, Rec L with hip roll; {Rev Underarm Trn} Sd R with bdy rise, -, XLIF lowering, Bk R (Sd L with bdy rise comm LF turn under jnd lead hands, -, XRIF lowering and cont turn 1/2 LF, Fwd L complete LF turn to fc ptr); {Shldr-Shldr twice} Sd L with bdy rise, -, XRIF (XLIBR) to BFLY BJO lowering, rec Bk L trng to fc; Sd R with bdy rise, -, XLIF (XРИB) to BFLY SCAR position lowering, rec Bk R trng to fc;

Part B
1 – 8 Fence Line twice;; Cross Body; Fwd Brk; Fence Line twice;; Cross Body; Fwd Brk;
1-4 {Fence Line twice} Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; Sd R with bdy rise, -, cross lunge L thru with bent knee looking in the direction of lunge, rec Bk R; {Cross Body} Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc COH (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc WALL); {Fwd Brk} Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;
5-8 {Fence Line twice} Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; Sd R with bdy rise, -, cross lunge L thru with bent knee looking in the direction of lunge, rec Bk R; {Cross Body} Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc WALL (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc COH); {Fwd Brk} Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;

Part B mod
1 – 4 Fence Line twice;; Cross Body; Fwd Brk;
1-4 {Fence Line twice} Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; Sd R with bdy rise, -, cross lunge L thru with bent knee looking in the direction of lunge, rec Bk R; {Cross Body} Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc COH (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc WALL); {Fwd Brk} Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;
5 – 8 Fence Line; Slow Fence Line holding & Slow Rec; Cross Body; Fwd Brk;
5-8 {Fence Line} Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; {Slow Fence Hold Rec} [music in this measure slows down] Slow Sd R with bdy rise, Slow cross lunge L thru with bent knee looking in the direction of lunge, hold, Slow rec Bk R; {Cross Body} Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc WALL (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc COH); {Fwd Brk} Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;

Ending
1 – 2 Wrap W to fc WALL; Slow Lower;
1-2 Cl L leading W to wrap into M’s R arm (W Fwd R trng LF), -, Cl R, -; Lower into R knee extending lead ft out to side, -, -, -;