

RAINBOW FOXTROT

Composer: Wayne & Barbara Blackford, 8178 Galaxie Dr., Jacksonville, Fla. 32244 (904)771-276].
Record: (Somewhere Over The Rainbow)
Rhythm/Phase: FT/
Footwork: Opposite throughout, directions for M unless otherwise stated
Sequence: Intro – A – B – A(1-8*) – C – B – A(1-8) Ending

MEAS

INTRO

1-4 (CP/LOD) WAIT; WAIT; SD, DRAW, TCH,-; SD, DRAW, TCH, -;

- 1-2 In CP/LOD wait 2 measures;;
3-4 Sd COH L, draw R, tch R, -; Sd Wall R, draw L, tch L, -;

PART A

1-4 FWD, -, RUN, 2; NAT. TURN; CLOSED IMPETUS; FEATHER FINISH;

- 1-2 Fwd L, -, fwd R, L; (Nat.Trn)Trn RF on R, -, sd L, bk R, (W bk L, -, heel trn, fwd) end CP/RLOD;
3-4 (Cl Impetus) Bk L Trn RF,-, trn on L heel cl R to L rise on toes, sd & bk L DRC(W fwd R pivot RF, -, sd & bk L, brush R to L fwd R btwn M's feet) CP/DLW; (Feather Finish)Bk R DRC, -, sd & fwd L DLC, fwd R C/BJO;

5-8 TOP SPIN; FISHTAIL; OPEN TELEMARK; CHAIR REC SLIP CP/LOD;

- 5-6 (Top Spin)XLIBR trng LF, bk R DLW cont LF trn, step sd & fwd L DLW, fwd R end C/BJO/LOD;
(Fishtail) XLIBR(WXIF), sd R, fwd L, lk RIBL (W lk LIFR) ;
7-8 (Op Telemark)Fwd L trn LF, -, cont LF trn sd R, sd & fwd L DLW (W bk R trn LF, -, bring L to R trn on heel & chng wgt to L, cont trn sd & fwd R in SCP); (Chair Rec & Slip)Thru R relax knee trn head R to look at W -, rec L, bk R trn W to CP(W thru L relax knee trn head L, rec R pivot to fc M, slip L btwn M's feet to CP/LOD);

9-16 REPEAT MEAS 1-8*(2nd time thru A meas 8 is Chair, Rec & fc Wall CP)

PART B

1-4 DIAMOND TRN; DIAMOND TRN; FWD, SD, BK, BK; DIP BK, -, REC, -;

- 1-2 Fwd L DLC trng LF, sd & bk R, bk L; Bk R DLW trng LF, sd & fwd L, fwd R;
3-4 Fwd L DRW trng LF, sd & bk R, bk L, bk R blend CP/LOD; Dip bk L RLOD, -, rec R to LOD, -;

5-8 REPEAT MEAS 1-4

PART C

1-4 SD, TCH, BK CHASSE; RK, REC, (chng places R to L)SD/CL, SD; W UNDR/2, 3, RK, REC; (chng places L to R) W UNDER/2, 3, SD/CL, SD;

- 1-2 In CP/Wall Sd L LOD, tch R to L, sd R/L, R trng to SCP/LOD; Rk bk L, rec R to CP/Wall, chasse to LOD L/R, L raising lead hands (W R/L, R starting RF trn);
3-4 Step R, L/R IP ending LOFP/Wall (W trns RF & away from ptr undr jnd lead hnds L/R, L), rk apt L, rec R; Trn RF chasse fwd to RLOD L/R, L blend to CP/Wall (W trns LF undr jnd lead hnds R/L, R), chasse R/L, R to RLOD trng to fc Wall dbl hand hold;

5-8 SPANISH ARMS;;; ROCK.REC.WALK 2~

- 5-6 Rk apt L, rec R BFLY, M chasse fwd L/R, L trn RF raise L arm lead W to wrap LF M ends fc RLOD;
M chasse IP R/L, R trn RF to COH as he leads W to unwrap RF end both hnds jnd rk apt L, rec R;
7-8 M chasse fwd L/R, L trn RF raise L arm lead W to wrap LF M end fc LOD, M chasse IP R/L, R trn RF to Wall as he leads W to unwrap RF end both hnds jnd; rk apt L, rec R to SCP/LOD, fwd L, R to fc;

9-16 REPEAT MEAS 1-8 (2nd time meas 8 pick up to CP/LOD)

ENDING

1-4 (CP/LOD) DIAMOND TRN; DIAMOND TRN; FWD, SD, BK, BK; HINGE;

- 1-2 Repeat meas 1 & 2 of PART B;;
3-4 Repeat meas 3 of PART B; Sd COH on L relax L knee leave R xtnded rotate shldr LF, (W Sd R trng LF, bring L bhnd R trng head well to left, -;)