

CHASING RAINBOWS

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Record : HI HAT (Private Stock) PS009-2 " I'm Always Chasing Rainbows "

Footwork: Opposite. Woman's special Instructions in parentheses.

Level: Phase 4+1 Foxtrot Sequence: INTRO - A - B - A - B - Ending

Meas INTRO

1-4 WATT :: HIP ROCKS, BOX FINISH:

In Cp fcg DW, lead feet free & slightly apart, wait 2 meas hip rks) Rk sd L with hip leading, -, rec R hip leading, rk sd L hip leading ; [box fin] Bk R trng LF, -, sd L, cl R in CP DW ;

PART A

1- 4 REV TURN:: THREE STEP TO CP; NAT TURN 1/2 :

[rev trn] Fwd L start LF trn, -, sd R cont trn (W bee] trn), bk L lod to CP ; Bk R cont LF trn, -, sd & fwd L twd DW, fwd R to CBJO DW ;

[3 step] Fwd L twd DW to CP, -, fwd R, fwd L in CP DW ; [nat trn 1/2] Fwd R start RF trn, -, sd L twd DW, bk R twd LOD in CP & fcg RLOD;

5-8 IMP TO SCP, PROMENADE WEAVE:: CHANGE OF DIRECTION

[imp scp] Bk L bringing R to L with no wgt starting RF heel trn, -, chg wgt to R cont RF trn, fwd L to tight SCP DC (W fwd R between M's feet piv 1/2 RF, -, sd & fwd L arnd M cont piv action bringing R bk to brush L, fwd R to SCP DC) ; [prom weave] Fwd R, -, fwd L trng LF to CP, sd & slightly bk R to CBJO backing twd DC; Bk L twd DC stiff in CBJO, bk R trng LF to CP, sd & fwd L, Fwd R to CBJO DW ; [chg of dir] Fwd L twd DW, -, fwd R DW with right shldr leading trn LF, draw L to R & brush fc DC in CP ;

9-12 TELE TO SCP : NAT HOV FALLAWAY : SLIP PIVOT : MANUV

[tele scp] Fwd L DC trn LF, -, fwd & sd R arnd W cont LF trn (W heel trn), sd & fwd L to SCP DW ;

[nat hov fallaway] Fwd R with slight RF trn, -, fwd L on toe trng RF with slow rise, rec bk on R fcg DRW ;

[slip piv] Bk L, -, bk R trng LF keeping L extended, fwd L twd DW in CBJO ;

[manuv] Fwd R trng RF, -, sd L twd WALL, cl R to fc RLOD ;

13-16 OUTSIDE CHG TO SCP : IN & OUT RUNS:: CHAIR & SLIP:

[o/s chg scp] In CP fcg Rlod bk L, -, bk R trng LF, sd & fwd L to SCP LOD ;

[in & out runs] Fwd R starting RF trn, -, sd & bk L DW to CP (W fwd R between M's feet), bk R to CBJO ;

Bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L to SCP LOD;

[chair & slip] Ck thru R with lunge action as for " chair rec L, small step bk on R toe ending in CP LOD ;

PART B

1-4 DIAMOND TRN 1/2 :: DIAMOND TRN 4 & CK RUN 4 to CP LOD

[diamond Trn 1/2] Fwd L twd DC trn LF, -, sd R LOD cont LF trn, bk L DW ; Bk R DW trn LF, -, sd L WALL cont LF trn, fwd R twd DRW ; [diamond trn 4 & ck] Fwd L DRW trn LF, sd R RLOD cont LF trn, bk L DRC, ck bk R DRC ; [run 4] Fwd L, R, L, R to CP LOD ;

5-8 DIAMOND TRN 1/2:: DIAMOND TRN 4 : SLOW DIP BK REC

[diamond Trn 1/2] Repeat meas 1 & 2 Part B ;;

[diamond trn 4] Repeat meas 3 Part B without the ck ; [dip rec] Dip bk L DRC, -, rec R to fc DC in CP,-;

9-12 REV TRN 1/2: OUTSIDE CK BOUNCE BK FEATHER; WEAVE ENDING

(rev trn 1/2] Fwd L start LF trn, -, sd R cont trn (W heel trn), bk L LOD to CP RLOD ;

[outside ck] Bk R LOD trn LF, -, sd & fwd L, ck fwd R outside ptr in CBJO fcg DRW ;

S&S& [bounce bk feather] Bk L DC, - / cl R, bk L, - / cl R bouncing up slightly on the closing " & " counts ;

[weave ending] Bk L twd DC stiff in CBJO, bk R trng LF to CP, sd & fwd L, fwd R to CBJO DW ;

13-16 THREE STEP TO CP, NAT WEAVE:: CHG OF DIR :

[3 step] Fwd L DW blend to CP, -, fwd R, fwd L DW ; [nat weave] Fwd R start RF trn, -, cont RF trn sd L (W heel trn), sd & bk R DC with right sd lead ; Bk L to CBJO, sd & bk R trn LF to CP, sd & fwd L, cross R to CBJO DW ;

[chg of dir] Repeat meas 8 Part A

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REPEAT PART A MEAS 1 - 16

REPEAT PART B MEAS 1 - 16 * BUT END MEAS 16 FACING LOD IN CP *

Meas.

ENDING

1-4 THREE STEP; NAT WEAVE;; FWD & RIGHT LUNGE & HOLD.

[3 step] Fwd L LOD in CP, -, fwd R, fwd L LOD;

[nat weave] Repeat meas. 14 & 15 Part B

[fwd & right lunge] Fwd L DW to CP, -, lunge sd & fwd R DW between W's feet (W look well left), - ;