

# Make Me Rainbows

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**MUSIC:** Make Me Rainbows (Vic Damone, contact Choreographer), slow for comfort  
**RHYTHM:** Foxtrot  
**PHASE (+):** VI  
**FOOTWORK:** Opposite unless indicated [*W's footwork in square brackets*]  
**SEQUENCE:** INTRODUCTION A B BRIDGE C B BRIDGE C ENDING

## Introduction

### 1 – 4 Wait Pickup Notes... Apart, -, Point, -; Together to Open Facing, -, Touch, -; Side, -, Cross in Front, -; Unwind;

**WAIT in Open Facing trail hands joined Man facing DLW for pickup notes.**

- 1 – 2 [**Apart, -, Point, -; Together to Open Facing, -, Touch, -; (SS; SS)**] Apart L to Left Open, -, point R toward Partner, -, ; Together to Open Facing trail hands joined, -, touch L, -;
- 3 [**Side, -, Cross in Front, -; (SS)**] Dropping hands side L still facing Partner and DLW, -, RXif, -;  
*[W: Side R drifting apart slightly, -, LXif, -;]*
- 4 [**Unwind (Q and hold)**] Unwind one full turn LF to end in Open Facing Position facing DWL preparing to blend to CP at the start of the next figure;  
*[W: Unwind one full turn RF to end in Open Facing Position backing DLW;]*

## Part A

### 1 - 8 Hover Telemark; Open Natural; Quick Outside Spin Preparation; Samefoot Lunge; Pickup (Man Transition) Reverse Pivot; Open Telemark; Running Feather to SCP; Rising Lock Preparation;

- 1 [**Hover Telemark (SQQ)**] Blending to CP forward L rising, -, side and forward R, turning to SCP facing DLW side and forward L;  
*[W: Blending to CP back R, -, side and back L then brush R to L, turning to SCP side and forward R;]*
- 2 [**Open Natural (SQQ)**] Thru R commence RF turn, -, side L across LOD and blending to CP, side and back R with right side leading preparing for Banjo;  
*[W: Thru L, -, allowing Man to cross in front of you forward R between Man's feet, side and forward L with left side leading;]*
- 3 [**Quick Outside Spin Preparation (QOS)**] Commencing strong RF turn back L in Banjo small step, continue RF turn forward R almost towards LOD still in Banjo, spinning on R foot blend to CP then step side L to face COH and allowing Woman to adjust so that her L hip is just inside of Man's R hip to end in modified CP facing COH with left sway, lower into L knee increasing left sway;  
*[W: Forward R outside partner heel lead commence strong RF turn, closing L to R spin RF on balls of feet, blending to CP forward R between partner's feet, continue RF rotation independent of Man adjusting body position so that L hip is just inside of Man's R hip close L to R with head to R then lowering into L knee and increasing sway to right remaining well into Man's R arm;]*
- 4 [**Samefoot Lunge (S-)**] Having lowered quickly lunge side & slightly forward R toward partner leaving L extended side and change sway to right;  
*[W: (S-) Having lowered quickly lunge back R stepping wide of R hip and leaving L extended forward and change sway to left;]*
- 5 [**Pickup (Man Transition) Reverse Pivot (HQQ)**] Change sway to left, commence LF body turn allowing Woman to recover and Pickup to CP facing DRC, continue LF turn forward L small step pivoting LF, continue LF turn recover back R lowering to end in CP facing DLC;  
*[W: (-QQQ) Change sway to right turning head to right and remaining well into Man's right arm, commence LF body turn recover L small step (Transition) and turning to CP, side and back R wide step continue LF turn, forward L lowering to end in CP backing DLC;]*

- 6 **[Open Telemark (SQQ)]** Forward L rising commence LF turn, -, side and around partner R [*W: heel turn*] now backing LOD, continue LF turn side and forward L toward DLW left side leading turning to SCP;  
*[W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L without weight then turn on heel of R to face DLW then transfer weight to the flat of the L foot, continue LF turn step side and forward R towards DLW right side leading in SCP;]*
- 7 **[Running Feather to SCP (S&QQ)]** Thru R, - / forward L toes but with soft knee and left side leading, forward R outside partner then rise, side and forward L left side leading in SCP facing DLW;  
*[W: Thru L, - / side and back R toes but with soft knee, back L in BANJO then rise turning RF to SCP, side and forward R to end in SCP;]*
- 8 **[Rising Lock Preparation (SQQ)]** Thru R, -, side and forward L blending to CP, close R to end in CP facing DLW DO NOT LOWER;  
*[W: (SQQ&) Thru L, -, side and back R blending to CP, XLif remaining high on toes / at the last possible moment uncross R from behind L and close R near L;]*
- 9 - 16 Split Ronde, Slip; Curving Three Step; Outside Check; Open Impetus; Whiplash; Fallaway Whisk, Develop; Link to SCP; Feather Ending DLW;**
- 9 **[Split Ronde Slip (SQQ)]** Lowering strongly into R push L leg fwd then ronde L CCW, -, still low hook LXib then rise on L and rotating strongly LF allowing feet to uncross, blending to CP continue LF turn slip R back small step to end in CP facing DLW;  
*[W: (SQQ&) (Having taken a small step onto R) lowering strongly into R push L leg fwd then ronde L CCW, -, still low hook LXib then rise on L and rotating strongly LF allowing feet to uncross, continue LF turn side R small step / fwd L small step slip pivot to end in CP backing DLW;]*
- 10 **[Curving Three Step (SQQ)]** Forward L commence LF turn, -, forward R (toe lead) continue LF turn now facing DLC and rising over R foot, forward L small step continue LF turn toward RLOD and swaying slightly to L stepping toes then lower over L to flat of foot with R foot back toward LOD bending both knees as you lower;  
*[W: Back R toe to heel commence LF turn, -, back L toes rising over L foot allowing R to draw up to L, back R wide but small step continue LF turn and swaying to R and opening head to R then lower to flat of R foot leaving forward bending both knees as you lower;]*
- 11 **[Outside Check (SQQ)]** Back R toward LOD and correcting sway and commence LF turn, -, side and slightly forward L with L foot pointed toward DRW and rising over L foot, turning RF to Banjo forward R stepping outside partner toward DRC then lowering to flat of R foot leaving L back bending knees as you lower;  
*[W: Forward L heel lead and correcting sway and turning head to L, -, side and slightly back R toes and rising over R foot, turn body to R allowing Man to forward in Banjo as you step back L toes then lowering to flat of L foot leaving R forward and bending knees as you lower;]*
- 12 **[Open Impetus (SQQ)]** Back L in Banjo commence RF turn, -, close R turning RF on L heel and blending to CP then transfer weight to flat of R foot then rise, continue RF body turn step side and forward L toward LOD;  
*[W: Forward R in Banjo commence RF turn, -, side L across LOD blending to CP, brush R to L continuing RF turn side and forward R in SCP toward DLC;]*
- 13 **[Whiplash (S-)]** Thru R momentarily leaving L leg extended back, sweep L CW along the floor, to end with L pointed toward LOD, sweep L CCW along the floor;  
*[W: Thru L momentarily leaving R leg extended back, sweep R CCW along the floor, to end with R pointed toward LOD, sweep R CW along the floor;]*
- 14 **[Fallaway Whisk, Develop (SH)]** Staying low cross L well behind R in a Fallaway position and momentarily leaving R extended thru, rise on L drawing R back and allowing Woman to swivel to Banjo, pointing R back toward RLOD wait while Woman does her Develop, -;  
*[W: Staying low cross R well behind L in a Fallaway position and momentarily leaving L extended thru, while rising on R swivel LF to Banjo and drawing L foot up and across the front of the R calf to end with the L foot off the floor touching the outside of the R calf head now to left, without lowering the L knee extend the left foot with the left hip somewhat open so that the leg extends about half way between forward and side (logically 'forward' in Banjo) with a gentle kicking action;]*

- 15 **[Link to SCP (ShQ)]** Lower then step forward R in Banjo, -, rise over R allowing Woman to turn to SCP, forward L in SCP facing DLW;  
*[W: Lower on R bringing L to floor then step back L in Banjo, -, rise over L turning RF to SCP, forward R in SCP;]*
- 16 **[Feather Ending (SQQ)]** Thru R, -, forward L with left side leading, forward R in Banjo \ DLW;

## Part B

### 1 – 8 Reverse Wave to Sidecar; Check, -, Rock, Recover; Lilt to Banjo, -, Back Lilt, -; Weave Ending; Reverse Wave (including Back Three Step); ; Heel Pull, Curved Feather; Hesitation Change, CLOSE;

- 1 - 2 **NOTE: The next four measure are identical to a sequence in AM I BLUE with an updated description.**  
**[Reverse Wave to Sidecar; Check, - Rock, Recover (SQQ; SQQ)]** Forward L toward DLW rising commence LF turn, -, side and around partner R *[W: heel turn]*, continue LF body turn back L towards DLW turning to Sidecar and remaining on toes; Back R in Sidecar checking and lowering to flat of R foot, -, rock forward L in Sidecar, recover R remaining low;  
*[W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L without weight then turn LF on heel of R to face DLW then transfer weight to the flat of the L foot, continue LF body turn so that right side is leading step forward R in Sidecar on toes head still to left and remaining well into Man's R arm; Forward L in Sidecar on toes then lowering to flat of L foot, -, rock back R toes only, recover L still in Sidecar with head to L and well into Man's R arm;]*
- 3 **[Lilt to Banjo, Back Lilt (QQQQ)]** Forward L in Sidecar rising over L foot and turning body LF, allowing the bodies to pass through CP continue turning LF step side and back R on toes with sway level then lowering to flat of R foot now in Banjo with foot backing LOD and body facing DRC, back L in Banjo still low then rising over L foot and drawing R foot under body with moderate sway to left and allowing Woman to turn her head to the right, back R in Banjo backing LOD;  
*[W: Back R in Sidecar toes rising over R foot allowing L foot to draw under the body and blending to CP facing LOD with toes of R still pointing toward DLW, side and forward L down LOD in Banjo head to left and well into Man's R arm toes then lower to flat, forward R in banjo low but stepping on toes then rise over R drawing L to R matching Man by swaying to right but staying well into Man's R arm as you turn head to R, forward L in Banjo with head to R;]*
- 4 **[Weave Ending (QQQQ)]** Back L in Banjo, correcting sway and blending to CP back R down LOD, side and forward L pointing DLW body turns less, forward R left side leading and outside partner in Banjo facing DLW;  
*[W: Forward R in Banjo with head to R and well into Man's R arm, correcting sway and turning head to L and blending to CP forward L down LOD, side and back R, back L in Banjo;]*
- 5 - 6 **[Reverse Wave (SQQ; SQQ)]** Forward L toward DLW rising commence LF turn, -, side and around partner R *[W: heel turn]*, back L towards DLW; Back R in CP, -, back L curving to back LOD, back R still in CP;  
*[W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L without weight then turn LF on heel of R to face LOD then transfer weight to the flat of the L foot, forward R; Forward L heel lead in CP, -, forward R between Man's feet heel then toe, forward L toe then heel still in CP;]*
- 7 **[Heel Pull & Curved Feather (QQQQ)]** Back L commence RF turn, side R small step and sway to left, turn body RF then step side L down LOD and change sway to right, continue RF turn forward R in Banjo facing DRW;  
*[W: Forward R between Man's feet commence RF turn, side and around Man L and sway to right, side R pointing DLC and change sway to left, continue RF turn back L in Banjo;]*
- 8 **[Hesitation Change, CLOSE (SQQ)]** Back L in Banjo commence RF turn, -, side R blending to CP facing DLC and swaying to L, draw L near R and CLOSE L;  
*[W: Forward R in Banjo, -, side L around Man blending to CP and swaying to R and opening head to R remaining well into Man's R arm, draw R near L and CLOSE R keeping R sway and head to R;]*

## Bridge

**1 - 4 Lower to Oversway Line; Double Ronde, Man Side, Hook; Twist Turn to SCP; Feather Ending DLC;**

- 1 **[Lower to Oversway Line (----)]** Lower into L knee and change sway to R while pushing R foot toward DLW, -, -, rise slightly correcting sway;  
*[W: Lower into R knee and change sway and head to L while pushing L foot toward DLW, -, -, rise slightly correcting sway leaving head to L;]*
- 2 **[Double Ronde, Man Side, Hook (SQQ)]** Lower into L knee then lunge forward R toward DLW leaving L leg extended back, turn body RF with a slight sway to left still well into R knee (no rise) allowing Woman on Ronde coming to a momentary Fallaway Position, releasing L foot from its extended position ronde the L forward to step side L turning RF to face RLOD now in CP with sway level, hook R well across L with R knee inside L knee changing sway to R still well into both knees weight mostly on the flat of the L foot with pressure in the ball of the R;  
*[W: Lower into R knee back L a wide step allowing Man to step strongly forward between your feet and momentarily leaving R extended and turning head to R with slight right sway remaining well into Man's R arm, as Man's body turns toward you turn your own hips RF and draw the inside edge of the toes of the right foot back moving the foot along the floor in a straight toward LOD until the toes of the foot must come off the floor by bending the R knee thus raising the R foot to an Attitude line with the R knee bent and the inside edge of the thigh calf and foot toward the floor then continue to turn the hips RF causing the raised R foot to ronde CW coming to a momentary Fallaway Position, hook R well behind and turn head to left coming to CP, uncross L stepping side and forward with slight left side lead toward LOD preparing for Banjo;]*
- 3 **[Twist Turn to SCP (SQQ)]** Twist RF on the heel of the L and ball of the R approximately 1/2 turn to face LOD and allowing feet to become parallel but keep right sway, -, transfer weight onto R foot leveling sway rising over R foot and allowing Woman to continue to turn, turning to SCP forward L in SCP facing DLC;  
*[W: Commence RF turn forward R in Banjo stepping around Man, -, side L blending to CP and matching step side to stay with Man's body then rise over L brushing R to L, turning to SCP side and forward R in SCP;]*
- 4 **[Feather Ending (SQQ)]** Thru R, -, forward L with left side leading, forward R in Banjo \ DLC;

**Park C****1 - 8 Reverse Turn; ; Three Step; Checked Natural, Slip; Left Pivot Quick Chasse; Left Whisk, Freeze; Recover,-, Side, Draw to Open Facing; Side, Cross in Front, Unwind;**

- 1 - 2 **[Reverse Turn (SQQ; SQQ)]** Forward L toward DLC rising commence LF turn, -, side and around partner R *[W: heel turn]*, back L towards LOD; Back R commence LF turn, -, side and forward L pointing DLW body turns less, forward R left side leading and outside partner in Banjo;  
*[W: Back R toe to heel and nearly straighten legs leaving feet flat, -, close L without weight then turn LF on heel of R to face LOD then transfer weight to the flat of the L foot, forward R; Forward L down LOD and commence LF turn, -, side and back R, back L in Banjo;]*
- 3 **[Three Step (SQQ)]** Forward L towards DLW, -, forward R between partner's feet with slight right side leading heel lead and then rising to toe, forward L;
- 4 **[Checked Natural, Slip (SQQ)]** Forward R rising commence RF turn, -, side and around partner L *[W: heel turn]* backing LOD checking, back R slip pivot turning LF to end in CP facing DLC;  
*[W: Back L toe to heel and nearly straighten legs leaving feet flat, -, close R without weight then turn RF on heel of L to face nearly LOD then transfer weight to flat of R foot (head may open to right), forward L small step pivot LF to end in CP backing DLC;]*
- 5 **[Left Pivot, Quick Chasse (QQQ&)]** Forward L toward DC rising commence LF turn, side and around partner R *[W: heel turn]*, continue LF turn side L turning to face WALL, close R / side L turning slightly LF so that L toes point to DLW and swaying slightly to left;  
*[W: Back R toe to heel and nearly straighten legs leaving feet flat, close L without weight then turn LF on heel of R to face LOD then transfer weight to the flat of the L foot, continue LF turn side R, close L / side and slightly back R with slight right sway and head turning to R;]*

- 6 **[Left Whisk Freeze (SH)]** Lowering deeply into L knee and using the hips to change the sway to the right cross R well behind L leaving L foot flat with R knee behind L knee and toes of both feet pointing toward DLW and weight between feet, freeze and hold position for the remainder of the measure;  
*[W: Lowering deeply into R knee and using the hips to change the sway to the left cross L well behind R and coming to CP backing DLW with L foot flat on the floor with full weight on the L foot and knees still deeply bent and allowing the R foot to swing leftwards with a flick, freeze and hold position for the remainder of the measure;]*
- 7 **[Recover, Side, Draw to Open Facing (SS)]** Transfer full weight to L foot, - side R releasing hold, draw L near R to end in Open Facing Position no hands facing DLW;  
*[W: Recover R, -, side L drifting apart, draw R near L to end in Open Facing Position no hands;]*
- 8 **[Side, Cross in Front, Unwind (QQS)]** Side L, XRif, unwind one full turn LF to end in Open Facing Position facing DWL preparing to blend to CP at the start of the next figure;  
*[W: Side R, LXif, unwind one full turn RF to end in Open Facing Position backing DLW;]*

**REPEAT PART B****REPEAT BRIDGE****REPEAT PART C****Ending****1-3 Hover Telemark; Quick Open Natural Preparation Samefoot Lunge; Change Sway.**

- 1 Repeat the action from Measures 1 of Part A
- 2 **[Quick Open Natural Preparation (QQ-Q)]** Thru R commence RF turn, side L across partner and LOD, continue RF turn to face COH and point R slightly to side allowing Woman to adjust so that her L hip is just inside of Man's R hip and lowering into L knee, quickly lunge side & slightly forward R toward partner leaving L extended side and swaying to left;  
*[W: (QQQQ) Thru L, forward R between partner's feet, turning RF to face DRW and adjusting body position so that L hip is just inside of Man's R hip close L to R with head to R and lowering into L knee, quickly lunge back R wide of R hip and leaving L extended forward and swaying to right;]*
- 3 **[Change Sway (S.)]** Quickly change sway to R on last note.

## MAKE ME RAINBOWS – LAMBERTY – FT VI – VIC DAMONE – 2:13

### INTRO (4 Meas)

Wait p.u. notes Apart Point ; Tog Tch OP ; Slow Sd Cross in front ; Unwind ;

### PART A (16 Meas)

Hover Telemark ; Open Natural ; Qk Outsd Spin Prep ; Same Foot Lunge ;  
Chg Sway Rev Pivot ; Op Telemark ; Running Feather SCP ; Rising Lock Prep ;  
Split Ronde Slip Pivot ; Curvg 3-Step ; Outsd Check ; OP Impetus ;  
Whiplash ; Fallaway Whisk Develope ; Link to SCP ; Feather ;

### PART B (8 Meas)

Reverse Wave to SCAR ; Check – Rk Rec ; Lilt to BJO Bk Lilt ; Weave Endg ;  
Reverse Wave ;; Heel Pull Curved Feather ; Hesitation Chg CLOSE ;

### BRIDGE (4 Meas)

Lower to Oversway ; Double Ronde Hook ; Twist Turn to SCP ; Feather ;

### PART C (8 Meas)

Reverse Turn ;; 3-Step ; Checked Natural & Slip ; Qk L Pvt & Chasse ;  
Left Whisk FREEZE ; Rec Sd Draw ; Side Hook Qk Unwind ;

### PART B (8 Meas)

Reverse Wave to SCAR ; Check – Rk Rec ; Lilt to BJO Bk Lilt ; Weave Endg ;  
Reverse Wave ;; Heel Pull Curved Feather ; Hesitation Chg CLOSE ;

### BRIDGE (4 Meas)

Lower to Oversway ; Double Ronde Hook ; Twist Turn to SCP ; Feather ;

### PART C (8 Meas)

Reverse Turn ;; 3-Step ; Checked Natural & Slip ; Qk L Pvt & Chasse ;  
Left Whisk FREEZE ; Rec Sd Draw ; Side Hook Qk Unwind ;

### ENDING (3 Meas)

Hover Telemark ; Qk Op Natural Prep Same Ft Lunge ; Change Sway ;