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## Rainbow Reel

64 count, 4 wall, intermediate/advanced level Choreographer: Glynn Rodgers (AppleJack)
(England) March 2004
Choreographed to: :Irish Stew by Shamrock; The Boy From Ballymore by Shamrock; Whiskey In The Jar by Shamrock All From Shamrock The Album

## Start On Vocals

1-8: Toe, heel, toe, turn, kick $\times 2$, rock and recover.
1-2: Touch right toe to left instep, touch right heel forward.
3-4: $\quad$ Touch right toe to left instep, turn $1 / 4$ over right shoulder on the ball of right foot and heel of left
5-6: $\quad$ Kick right foot forward twice.
7-8: Rock back onto right, recover weight onto left.
9-16: Shuffle, rock, recover, touch toe, unwind, pivot turn.
1\&2: Step forward right, close left to right, step forward right again.
3-4: $\quad$ Rock forward left, recover weight onto right.
5-6: $\quad$ Touch left toe back, unwind 1/2 turn over left shoulder.
7-8: $\quad$ Step forward right, turn a $1 / 4$ over the left shoulder.
17-24: Cross shuffle, rock, recover, sailor left and right.
1\&2: $\quad$ Cross right over left, step left to left side, cross right over left again.
3-4: $\quad$ Rock left to left side, recover weight on right.
5\&6: Cross left behind right. Step right to right side. Step left to place.
7\&8: $\quad$ Cross right behind left. Step left to left side. Step right to place.
25-32: Rock, recover, behind, side, cross, Monterey turn.
1-2: $\quad$ Rock left to left side, recover weight on right.
3\&4: Step left behind right, step right to right side, cross left over right.
5-6: $\quad$ Touch right to right side. On ball of left make $1 / 2$ turn right, stepping right beside left.
7-8: $\quad$ Touch left to left side. Step left beside right.
33-40: Chasse, stomp, clap, body roll, and sailor.
1\&2: $\quad$ Step right to right side. Close left beside right. Step right to right side.
3-4: $\quad$ Stomp left foot forward, clap once.
5-6: $\quad$ Roll body upwards over two counts.
7\&8: $\quad$ Cross left behind right. Step right to right side. Step left to place.

## 41-48: Sailor turn, pivot turn, vaudeville.

1\&2: $\quad$ Cross right behind left. Step left to left s ide. Step right to place turning a $1 / 4$ over right shoulder.
3-4: $\quad$ Step forward left, turn $1 / 4$ over right shoulder.
5-6: $\quad$ Step left over right, step right to right side.
7\&8: Step diagonally back left, step diagonally back right on right. Touch left heel diagonally forward left.
49-56: Vaudeville, Syncopated heel and toe switches.
\&1: Step left back in-place, cross right over left.
-2: $\quad$ Step left to left side.
3\&4: Step diagonally back right, step diagonally back left. Touch right heel diagonally forward right.
\&5: $\quad$ Step right in-place, dig left heel forward.
\&6: $\quad$ Step left in-place, dig right heel forward
\&7: $\quad$ Step right back in-place, point left toe to left side.
\&8: $\quad$ Step left back in-place point right toe to right side.
57-64: Syncopated heel and toe switches, and touch.
\&1: $\quad$ Step right in-place, turning $1 / 4$ over right shoulder, touch left toe to left side.
\&2: $\quad$ Step left in-place, touch right toe to right side.
\&3: $\quad$ Step right in-place, dig left heel forward.
\&4: $\quad$ Step left in-place, dig right heel forward.
\&5: $\quad$ Step right in-place, turning $1 / 4$ over right shoulder, touch left toe to left side.
\&6: $\quad$ Step left in-place, touch right toe to right side.
\&7: $\quad$ Step right in-place, dig left heel forward.
\&8: $\quad$ Step left in-place, touch right beside left.

