

RAINBOW 'ROUND MY SHOULDER

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CD Music: The Best of Slowfox Music CD, Casa Musica Code: CGVASFOX, Track 19 "There's A Rainbow
'Round My Shoulder" by Bobby Darin
Columbia "Wild, Cool & Swinging: The Artist Collection CD" by Bobby Darin, Track 4 "There's A Rainbow 'Round My Shoulder"

Rhythm/Phase: Foxtrot. ROUNDALAB Phase III+1 (Weave)

Position: INTRO - CP DLW, DANCE - CP DLC

Footwork: Opposite, directions for M (except where noted)

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Sequence: INTRO, A, A*, B, A**, C, B, END

Time:

2:46 @ 100% CD Speed

INTRO

[CP DLW] WAIT; HOVER; WEAVE to SCP [SCP DLW];;

- 1 CP DLW wait one measure;
- 2 CP DLW fwd L,-, fwd and sd R rising to ball of foot, rec L to tight SCP DLC;
- 3-4 SCP DLC fwd R,-, fwd L trng LF to CP, sd and bk R (W fwd L,-, sd and bk R to CP, cont trng on R until fcg LOD then fwd L) to DRW; Bk L trng W to CBJO POS,-, bk R trng body to CP, sd and fwd L trng W to SCP DLW;

[SCP DLW] THRU, CHASSE to SCP; MANUV, SD, CLOS; SPIN TURN [CP DLW];
BOX FINISH [CP DLC];

- 5 SCP DLW thru R trng to CP WALL,-, sd L/cl R, sd L to SCP LOD;
- 6 SCP LOD fwd R comm RF trn,-, sd L cont RF trn to CP RLOD, cl R;
- 7 CP RLOD bk L pivoting 1/2 RF,-, fwd R cont trn rising on ball of R foot with L leg extended bk and sd, rec sd and bk L (W fwd R pivoting 1/2 RF,-, bk L cont trn brushing R to L, fwd R) to CP DLW;
- 8 CP DLW bk R trng 1/4 LF to fc LOD, sd L, cl R to CP DLC;

PART A

[CP DLC] 2 LEFT TURNS [CP WALL];; HOVER to BJO [BJO DLW]; FWD, FWD/LK, FWD [BJO DLW];

- 1-2 CP DLC fwd L trng 1/4 LF to CP COH,-, sd R, cl L; Bk R trng 1/4 LF to CP RLOD,-, sd L cont 1/4 LF turn, cl R to CP WALL;
- 3 CP WALL fwd L,-, fwd and sd R rising to ball of ft, rec L trng to BJO DLW;
- 4 BJO DLW fwd R,-, fwd L/lk RIB (W lk LIF), fwd L;

[BJO DLW] MANUV, SD, CLOS [CP RLOD]; IMPETUS [SCP DLC]; THRU, CHASSE to SCP; PICK UP, RUN 2* [CP DLC];

- 5 BJO DLW fwd R (W bk L) comm RF trn,-, sd L cont RF trn to CP RLOD, cl R;
 - 6 CP RLOD bk L bringing R to L (no weight) beginning RF heel trn,-, chg weight to R cont turn, fwd L (W fwd R pivot
1/2 RF,-, sd and fwd L around M cont pivoting action bringing R foot bk to brush L, fwd R) to SCP DLC;
 - 7 SCP DLC repeat action Meas 5 INTRO to SCP LOD;
 - 8 SCP DLC fwd R (W fwd L trng 1/2 LF) leading W in front to CP LOD,-, fwd L, fwd R;
- *Note: Change 2nd time thru Meas 8 Part A to: PICK UP to SCAR; 8 Fwd R (W fwd L trng 1/2 LF) leading W in front,-, fwd and sd L, cl R to end SCAR DLW;**
- **Note: Change 3rd time thru Meas 8 Part A to: THRU, SD, BEH; 8 Thru R,-, sd L, XRIB;**

PART B

[SCAR DLW] CROSS HOVER - 3X to SCP [SCP DLC];; begin WEAVE to SCP;

- 1-2 SCAR DLW XLIF (W XRIB),-, sd R with slight rise comm LF trn, rec L to BJO DLC; XRIF (W XLIB),-, sd L with slight rise comm RF trn, rec R to SCAR DLW;
- 3 SCAR DLW XLIF (W XRIB),-, sd R with slight rise comm LF trn, rec sd and fwd L to SCP DLC;
- 4 SCP DLC repeat action Meas 3 INTRO;

[BJO DRW] finish WEAVE to SCP [SCP DLW]; PICK UP, SD, CLOS [CP LOD]; PROGRESSIVE BOX [CP DLC];;

- 5 BJO DRW repeat action Meas 4 INTRO to SCP DLW;
- 6 SCP DLW fwd R (W fwd L trng 1/2 LF) leading W in front to CP LOD,-, sd L, cl R;
- 7-8 CP LOD fwd L,-, sd R, cl L; Fwd R,-, sd L trng slightly to DLC, cl R;

PART C

[CP WALL] ROLL 3 to SCP; THRU, CHASSE to BJO [BJO DLW]; FWD, FWD/LK, FWD; FWD, FC, CLOS [CP WALL];

- 1 CP WALL trng LF (W RF) roll L,-, R, L to SCP LOD;
- 2 SCP LOD repeat action Meas 5 INTRO blending to BJO DLW;
- 3 BJO DLW repeat action Meas 4 PART A;
- 4 BJO DLW fwd R,-, fwd and sd L trng 1/4 RF to CP WALL, cl R;

[CP WALL] TWISTY VINE 8 [BJO DLW];; FWD, RUN 2; FWD, RUN 2 to CP [CP DLW];

- 5-6 CP WALL sd and bk L commencing slight RF upper body turn, XRIB (W XLIF), sd and fwd L commencing slight LF upper body turn, XRIF (W XLIB); Repeat action Meas 5 PART C to end BJO DLW;
- 7-8 BJO DLW fwd L,-, fwd R, fwd L; Fwd R,-, fwd L, fwd R trng 1/8 to CP DLW;

[CP DLW] WHISK; WING [SCAR DLC]; TRN L & CHASSE to BJO [BJO DRC]; BK, BK/LK, BK [BJO DRC];

- 9 CP DLW fwd L,-, fwd and sd R comm rise to ball of foot, XLIB (W XRIB) cont to full rise to ball of foot to SCP DLC;
- 10 SCP DLC fwd R,-, draw L to R, tch L trng LF (W trng LF in front and arnd M fwd L,-, fwd R, fwd L) to tight SCAR DLC;
- 11 SCAR DLC fwd L trng LF to CP COH,-, sd R/cl L, sd R trng to BJO DRC;
- 12 BJO DRC bk L,-, bk R/lk LIF (W lk RIB), bk R;

[BJO DRC] IMPETUS to SCP [SCP LOD]; MANUV, SD, CLOS; SPIN TURN [CP DLW]; 1/2 BK BOX to SCAR [SCAR DLW];;

13-14 BJO DRC repeat action Meas 6 PART A; Repeat action Meas 6 INTRO;

15-16 CP RLOD repeat action Meas 7 INTRO; Bk R,-, sd L, cl R to end SCAR DLW;

ENDING

[CP DLC] 2 LEFT TURNS [CP WALL];; HOVER to BJO [BJO DLW]; FWD, FWD/LK FWD [BJO DLW];

1-4 CP DLC repeat action Meas 1-4 PART A;;;;

[BJO DLW] MANUV, SD, CLOS [CP RLOD]; IMPETUS [SCP DLC]; THRU, CHASSE to SCP; PICK UP to SCAR [SCAR DLW];

5-7 BJO DLW repeat action Meas 5-7 PART A;;;;

8 SCP DLC fwd R (W fwd L trng 1/2 LF) leading W in front,-, fwd and sd L, cl R to end SCAR DLW;

[SCAR DLW] CROSS HOVER 3X's to SCP [SCP DLC];; THRU, POINT SIDE [CP DLW];

9-11 SCAR DLW repeat action Meas 1-3 PART B;;;;

12 SCP DLC thru R,-, point L twds LOD blending to CP DLW,-;

[CP DLW] WHISK; THRU, CHASSE to SCP [SCP DLC]; WEAVE to BJO [BJO DLW];;

13 CP DLW repeat action Meas 9 PART C;

14 SCP DLC repeat action Meas 5 INTRO;

15-16 SCP DLC repeat action Meas 3-4 INTRO blending to BJO DLW;

[BJO DLW] FWD, FWD/LK, FWD [BJO DLW]; MANUV, TWIRL 3 to OP [OP LOD]; HOLD; WRAP & KISS [WRAP POS LOD];

17 BJO DLW repeat action Meas 4 PART A;

18 BJO DLW fwd R trng RF to fc ptrn, fwd L, fwd R, fwd L (W fwd L to fc ptrn, trng 1 full RF turn under joined lead hands R, L, R) to OP LOD;

19 OP LOD hold,-,-;

20 OP LOD using small steps fwd R,-, fwd L, fwd R (W trn LF L,-, R, L) to WRAPPED POS LOD and kiss;