

Dance Above The Rainbow

Artist: Ronan Hardiman
 CD: Michael Flatley's "Feet of Flames"
 Length: 3:00 minutes

Choreographer: Valerie Roy
 Level: Easy

Sequence: Wait 16 beats – Intro – A – B – C – C – C – C – D

Wait 16 beats

-----both hands on hips, slight sway of shoulders in the direction of foot stepping-----
 -----moving out onto the performance stage or dance floor-----

Intro (32 beats)	16 Step Rock Steps or "Cheating Basic" (32 beats)	S	RS	S	RS	S	RS	S	RS	Repeat 3x, same footwork (24 beats)
		L	RL	R	LR	L	RL	R	LR	
		1	&2	3	&4	5	&6	7	&8	

Part A (64 beats)	2 Hop Chain (8 beats)	-----both hands down at sides with palms held flat against thighs-----									
		Hop (ots)		RS	RS	RS	Hop (ots)		RS	RS	RS
		L		RL	RL	RL	R		LR	LR	LR
		1		&2	&3	&4	5		&6	&7	&8

2 Triple (omit DS, use Steps) or "Cheating Triple" (8 beats)	front line moves back while back line moves forward to form one line				front line continues back while back line continues forward to form 2 lines				
	S	S	S	RS	S	S	S	RS	
	L	R	L	RL	R	L	R	LR	
		1	2	3	&4	5	6	7	&8

Repeat: 2 Hop Chains, 2 Cheating Triples; exchanging lines; same footwork; same arms (16 beats)

4 Hop Touch Step (8 beats)	-----both hands on hips-----									
	Hop	Tch (if)	H		Hop	Tch(if)	H		Repeat 2x, same footwork (4 beats)	
	L	R	L		R	L	R			
		1	&	2	3	&	4			

2 Triple (omit DS, use Steps) or "Cheating Triple" (8 beats)	-----both hands down at sides-----				-----both hands down at sides-----				
	front line moves back while back line moves forward to form one line				front line continues back while back line continues forward to form 2 lines				
	S	S	S	RS	S	S	S	RS	
		1	2	3	&4	5	6	7	&8

Repeat: 4 Hop Touch Steps, 2 Irish Triples; exchanging lines; same footwork; same arms (16 beats)

Part B (96 beats)	4 Basics (¼ L on each) (8 beats)	-----¼ L-----								in a box
		DS	RS	DS	RS	DS	RS	DS	RS	
		L	RL	R	LR	L	RL	R	LR	
		&a1	&2	&a3	&4	&a5	&6	&a7	&8	

2 Chains (to L, to R) (8 beats)	-----moving to the left-----				-----moving to the right-----				
	DS	RS	RS	RS	DS	RS	RS	RS	
	L	RL	RL	RL	R	LR	LR	LR	
		&a1	&2	&3	&4	&a5	&6	&7	&8

4 Basics (moving forward) (8 beats)	-----moving forward-----								
	DS	RS	DS	RS	DS	RS	DS	RS	
	L	RL	R	LR	L	RL	R	LR	
		&a1	&2	&a3	&4	&a5	&6	&a7	&8

2 Chains (moving back) or "Rockbacks" (8 beats)	-----moving back-----								
	DS	RS	RS	RS	DS	RS	RS	RS	
	L	RL	RL	RL	R	LR	LR	LR	
		&a1	&2	&3	&4	&a5	&6	&7	&8

-----moving to the left-----

Clog Over Vine (to left) (8 beats)	DS	DS	DS	DS	DS	DS	DS	RS
	L	R	L	R	L	R	L	RL
	&a1	&a2	&a3	&a4	&a5	&a6	&a7	&8
2 Triples (8 beats)	DS	DS	DS	RS	DS	DS	DS	RS
	L	R	L	RL	R	L	R	LR
	&a1	&a2	&a3	&4	&a5	&a6	&a7	&8

Repeat: Clog Over Vine (to right), 2 Triples; opposite direction; opposite footwork (16 beats)

Repeat: 4 Basics (¼ L each), 2 Chains (to L, to R), 4 Basics (forward), 2 Chains (back); same footwork (32 beats)

Part C (32 beats)	Mountain Basic (¼ L)	-¼ L-	Sto	DT	H	DS	RS	DS	DS	RS	RS
	Fancy Double (8 beats)		L	R	L	R	LR	L	R	LR	LR
			1	&a	2	&a3	&4	&a5	&a6	&7	&8

Repeat: [Mountain Basic (¼ L), Fancy Double] 3x; same footwork (24 beats)

Part D (96 beats)	Cotton Eyed Joe	DS	K (xif)	H	K	H	RS	DS	DS	DS	RS
	Triple (8 beats)	L	R	L	R	L	RL	R	L	R	LR
		&a1	&	2	&	3	&4	&a5	&a6	&a7	&8

Repeat: Cotton Eyed Joe, Triple; same footwork (8 beats)

4 Triples (16 beats)	front line moves back, while back line moves forward to form one line				---move forward as one line---			
	DS	DS	DS	RS	DS	DS	DS	RS
	L	R	L	RL	R	L	R	LR
	&a1	&a2	&a3	&4	&a5	&a6	&a7	&8
	-----move back as one line-----				front line continues back to make the second line, while back line continues forward to make the front line			
	DS	DS	DS	RS	DS	DS	DS	RS
	L	R	L	RL	R	L	R	LR
	&a1	&a2	&a3	&4	&a5	&a6	&a7	&8

-----both hands on hips-----

Outhouse 2 Basics (8 beats)	DS	Tch (ots)	H	Tch (xif)	H	Tch (ots)	H	DS	RS	DS	RS
	L	R	L	R	L	R		R	LR	L	RL
	&a1	&	2	&	3	&	4	&a5	&6	&a7	&8

Repeat: Outhouse, 2 Basics; opposite footwork; same arms (8 beats)

-----both hands down at sides with palms held flat against thighs-----

Rocking Chair 2 Basics (¼ L ea) (8 beats)	DS	Br	H	DS	RS	DS	RS	DS	RS
	L	R	L	R	LR	L	RL	R	LR
	&a1	&	2	&a3	&4	&a5	&6	&a7	&8

Repeat: Rocking Chair, 2 Basics; same footwork (8 beats)

Cotton Eyed Joe Triple (8 beats)	DS	K (xif)	H	K	H	RS	DS	DS	DS	RS
	L	R	L	R	L	RL	R	L	R	LR
	&a1	&	2	&	3	&4	&a5	&a6	&a7	&8

Repeat: Cotton Eyed Joe, Triple; same footwork (8 beats)

3 Triples

Triple Stomp Stomp

(8 beats)

front line moves back, while back
line moves forward to form one line

DS	DS	DS	RS
L	R	L	RL
&a1	&a2	&a3	&4

-----½ R, to face back-----

DS	DS	DS	RS
R	L	R	LR
&a5	&a6	&a7	&8

-----move forward as one line-----

DS	DS	DS	RS
L	R	L	RL
&a1	&a2	&a3	&4

-----½ R, to face front-----

on last stomp, end with R foot turned out & heel to L toe

-----both hands on hips-----

DS	DS	DS	Sto	Sto
R	L	R	L	R
&a5	&a6	&a7	&	8

Key:

S-Step	ots-out to side
RS-Rock Step	if-in front
Tch-Touch	xif-cross in front
H-Heel	
Sto-Stomp	
DT-Double toe	
K-Kick	