

Over The Rainbow

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Music: CD "The Magic Of Manuel", track 14, "Over The Rainbow", download itunes
Artist: Manuel & The Music Of The Mountains [2:47] **Speed:** As downloaded
Footwork: Opposite, Unless noted (W's footwork in parenthesis)
Rhythm: Bolero **Phase:** IV **Difficulty:** Easy
Sequence: Intro – A – A – B – A – A – B mod – End **Released:** Jan 2014

Intro

1 – 4 BFLY WALL lead ft free Wait 2 meas;; Hip Lift L & R;;

1-4 BFLY WALL lead ft free Wait 2 meas;; **{Hip Lift L & R}** Sd L bringing R ft to weighted ft, -, with slight pressure on R ft lift R hip, lower R hip; Sd R bringing L ft to weighted ft, -, with slight pressure on L ft lift L hip, lower L hip;

Part A

1 – 8 Basic;; Prepare the Aida; Aida Line with Hip Rks to fc; Hip Rks; Rev Undrm Trn; Shldr-Shldr twice;;

1-4 **{Basic}** Sd L with bdy rise, -, Bk R with slipping action, Fwd L; Sd R with bdy rise, -, Fwd L with slipping action, Bk R; **{Prepare the Aida}** Sd L to a tight SCP, -, thru R, trng RF step Sd L; **{Aida Line with Hip Rks}** cont RF turn Bk R in aida line, -, Rk Fwd L, Rec R;
5-8 **{to fc & Hip Rks}** Fwd L trng LF (RF) to fc, -, Sd R with hip roll, Rec L with hip roll; **{Rev Underarm Trn}** Sd R with bdy rise, -, XLIF lowering, Bk R (Sd L with bdy rise comm LF turn under jnd lead hands, -, XRIF lowering and cont turn 1/2 LF, Fwd L complete LF turn to fc ptr); **{Shldr-Shldr twice}** Sd L with bdy rise, -, XRIF (XLIBR) to BFLY BJO lowering, rec Bk L trng to fc; Sd R with bdy rise, -, XLIF (XRIB) to BFLY SCAR position lowering, rec Bk R trng to fc;

Part B

1 – 8 Fence Line twice;; Cross Body; Fwd Brk; Fence Line twice;; Cross Body; Fwd Brk;

1-4 **{Fence Line twice}** Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; Sd R with bdy rise, -, cross lunge L thru with bent knee looking in the direction of lunge, rec Bk R; **{Cross Body}** Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc COH (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc WALL); **{Fwd Brk}** Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;
5-8 **{Fence Line twice}** Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; Sd R with bdy rise, -, cross lunge L thru with bent knee looking in the direction of lunge, rec Bk R; **{Cross Body}** Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc WALL (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc COH); **{Fwd Brk}** Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;

Part B mod

1 – 4 Fence Line twice;; Cross Body; Fwd Brk;

1-4 **{Fence Line twice}** Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; Sd R with bdy rise, -, cross lunge L thru with bent knee looking in the direction of lunge, rec Bk R; **{Cross Body}** Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc COH (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc WALL); **{Fwd Brk}** Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;

5 – 8 Fence Line; Slow Fence Line holding & Slow Rec; Cross Body; Fwd Brk;

5-8 **{Fence Line}** Sd L with bdy rise, -, cross lunge R thru with bent knee looking in the direction of lunge, rec Bk L; **{Slow Fence Hold Rec}** [music in this measure slows down] Slow Sd R with bdy rise, Slow cross lunge L thru with bent knee looking in the direction of lunge, hold, Slow rec Bk R; **{Cross Body}** Sd and Bk L trng LF, -, Bk R with slipping action trng LF, Fwd L trng LF to fc WALL (Fwd R, -, Sd & Fwd L crossing in front of M trng LF, small Sd R to fc COH); **{Fwd Brk}** Sd R with bdy rise to LOP-FCG, -, Fwd L with Contra Ck like action, Bk R;

Ending

1 – 2 Wrap W to fc WALL; Slow Lower;

1-2 Cl L leading W to wrap into M's R arm (W Fwd R trng LF), -, Cl R, -; Lower into R knee extending lead ft out to side, -, -, -;