

DANCE OF THE RAINBOW

Music: A Combination of Man Chang Fei, Zapin & Made In India

Part A

Music: Man Chang Fei (满长飞) (extended version)
(24 counts)

Counts

Steps

Walk forward and shuffle forward, rock recover and shuffle backward

1 – 2 Walk forward right, walk forward left

3 & 4 Forward shuffle - right , left, right

5 – 6 Rock forward on left, recover on right

7 & 8 Back shuffle - left, right, left

Weave to left and weave to right

1 – 4 Cross right over left, step left to left, step right behind left and end with left point to left

5 – 8 cross left over right. step right to right, step left behind right and end with right point to right

Rock recover, shuffle forward, rock recover with a ¼ left turn, triple step

1 – 2 Rock back on right, recover on left

3 & 4 Forward shuffle - right, left, right

5 – 6 Step with 1/4 turn to left , recover on right (face new 9.00 wall)

7 & 8 Triple step / Cha cha step in place - left, right, left

Ending 1-8 - 9.00

1 – 2 Rock back on right, recover on left

3 & 4 Forward shuffle - right , left, right

5 – 6 Rock forward on left, recover on right

7 & 8 ¼ turn to right, triple step (left, right, left)

end the whole dance at 12.00

Part B

Music: Zapin
(136 counts)

Starting Pose

Stand on left (weight on left), point right to right side

Section One

Triple steps on the spot, side point

- 1 – 4 Step right beside left. Step left beside right.
Step right beside left. Point left to left side.
- 5 – 8 Step left beside right. Step right beside left.
Step left beside right. Point right to right side.
- 1 – 8 Repeat above 8 counts.

Section Two

Walk forward, side point

- 1 – 4 Walk forward three steps, right, left, right, Point left to left side.
- 5 – 8 Walk forward three steps, left, right, left, Point right to right side.
- 1 – 4 Walk forward three steps, right, left, right, Point left to left side.
- 5 – 8 Triple step in place, left, right, left, Point right to right side
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Section Three

Walk backward, side point

- 1 – 4 Walk backward three steps, right, left, right, point left to left side.
- 5 – 8 Walk backward three steps, left, right, left, point right to right side.
- 1 – 4 Walk forward three steps, right, left, right, Point left to left side.
- 5 – 8 Triple step in place, left, right, left, Point right to right side
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Section Four

Cross, $\frac{1}{4}$ turn right , point, forward $\frac{1}{2}$ turn, left point.

1 – 4 Cross step right over left, turning $\frac{1}{4}$ right, step back on left, right step behind left, tap left toe in front of right. (3.00)

5 – 8 Step forward on left, turning $\frac{1}{2}$ left, step back on right, left step behind right, tap right toe in front of left. (9.00)

1 – 4 Step forward on right, turning $\frac{1}{2}$ right, step back on left, right step behind left, tap left toe in front of right. (3.00)

5 – 8 Turn $\frac{3}{4}$ left, point
Turn $\frac{1}{4}$ left on left, turn $\frac{1}{4}$ left on right, turn $\frac{1}{4}$ left on left, tap right toe in front of left. (6.00)

Repeat Section One (do basic 8 counts only)

Repeat Section Four (facing 12.00)

Repeat Section One (do basic 8 counts)

Section Five

Diagonal Two steps, shuffle forward

1 – 2 Two steps diagonal right side – right, left.

3 & 4 Shuffle forward right, left, right (diagonal)

5 – 6 Two steps diagonal left side – left, right

7 & 8 Shuffle forward left, right, left (diagonal)

1 – 2 repeat above 1 – 2

3 & 4 repeat above 3 & 4

5 – 6 Turn $\frac{1}{2}$ left on left. Right step beside left

7 - 8 Step on left, and touch right beside left

Repeat Section One (do basic 8 counts)

Repeat Section Five

**Start Dance Again From Section One
Till Section Five**

Additional Section 1 – (16 counts)

Section 2 (16 counts)

**Section 3 (8 counts) - 1 – 4
5 – 6**

**7 – 8 Right cross over left, Both Hands in prayer position in
front of chest.End**

Part C

Music: Made In India
(18 counts)

Counts

Steps

- | | |
|-------|---|
| 1 – 2 | With hands in prayer position and weight on left, point right to right side, touch right beside left. (Push both hands slightly towards right and back to chest) |
| 3 - 4 | Point right to right side and step right beside left. Hands – as above |
| 5 – 6 | With hands still in prayer position and weight on right, Point left to left side, touch left beside right. (Push both hands slightly towards left and back to chest) |
| 7 – 8 | Point left to left side and step left beside right. Hands – as above |
| 1 – 2 | With weight on left, point right toe diagonally right, move hands from prayer position to align pointing towards diagonal position of right toe (count 1) step right beside left (count 2) hands back in centre prayer position |
| 3 – 4 | Repeat above but with weight on right and point left toe diagonally left, also hand position, aligned pointing towards diagonal position of left toe(1), step left beside right (2), hands back in centre prayer position |
| 5 – 6 | Change hands position, left hand and right hand (both hands)with palms pointing outwards, with thumb and index finger touching each other. Left |

hand place in front of chest , and right hand place above head position with palms facing upwards, walk forward right then left (Try to move heads forward and back, twice)

7 – 8 Point right to right side and step right beside left. (turn head to right then back)

1 – 2 Point right to right and recover with $\frac{1}{4}$ turn to left on left (as you recover on left, bring hands back to prayer position in front of chest)

Ending Pose

Greeting position. Right cross over L. Both hands in prayer position in front of chest.
