

Rainbow Connection

Choreographed by Doug and Jackie Miranda
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48 Count, 4 Wall Intermediate Waltz Line Dance

Music: "Rainbow Connection" by Kenny Loggins (Preferred)

"The Rainbow Connection" by Sarah McLachlan or "The Rainbow Connection" by the Carpenters (all available on iTunes)

"The Rainbow Connection" by Kermit The Frog, "The Rainbow Connection" by Johnny Mathis (available on iTunes)

Begin the dance with the vocals for all versions; please see notes for the one restart

Counts and Step Description

Set 1 Diagonal Traveling Twinkles Forward

1-3 Cross R over L, step L to L side, step R to R side at R diagonal (weight on R)

4-6 Cross L over R, step R to R side, step L to L side at L diagonal (weight on L)

Note: Travel forward as you cross over

Set 2 Step Forward, ¼ Turn Right Ronde, Cross Over, ¾ Turn Left

1-3 Step forward on R, sweep L into ¼ turn R for counts 2-3 (weight still on R)

4-6 Cross L over R on count 4 (weight on L), turn ¼ L as you step back on R, turn ½ turn L as you step forward

Set 3 Basic Waltz Forward and Back

1-3 Basic waltz forward by stepping forward on R, step L next to R, step R in place

4-6 Basic waltz back by stepping back on L, step R next to L, step L in place

Set 4 Step Forward, ¾ Slow Pivot into Cross Over, Long Side Step, Drag, Touch

1-3 Step forward on R, with weight still on R slowly turn ¾ L over L shoulder until L is crossed over R for counts 2-3

4-6 Take a long step to L side on L, drag R next to L, touch R next to L

Set 5 Full Turn Side, Cross, Side Point, Hold

1-3 Make a full turn to R side by stepping ¼ R on R, turn ¼ turn R by stepping L to L side, turn ½ turn R by stepping R to R side

4-6 Cross L over R, point R to R side, hold (weight on L)

Set 6 Cross Over ½ Turn, Cross, Point, Hold

1-3 Cross R over L, turn ¼ R as you step back on L, turn ¼ R as you step R to R side

4-6 Cross L over R, point R to R side, hold (weight on L)

Set 7 Cross Step, Sweep Side Point, Hold; Cross Step Forward, ¼ Turn Sweep, Point, Hold

1-3 Cross step R over L, sweep L toe into side point L side, hold (weight still on R)

4-6 Cross L over R, sweep R toe into ¼ turn L pointing R to R side (weight still on L)

Set 8 Cross, Back, Back, ¼ Turn Sweep

1-3 Traveling back, cross R over L, step back on L, step back on R

4-6 Cross L over R, sweep R into ¼ turn L for counts 5, 6 with weight remaining on L to begin dance again into twinkles

One time 6 Count Tag: (the same for all versions of music listed) To fit the phrasing of the music, there will be one six count tag which will occur to the back wall. After completing the 2nd repetition of the dance, you will be facing the back wall (this will be your first time to the back wall). Before starting the dance over, you will dance the following tag:

1-3 Cross R over L, point L to L side (weight remains on R), hold

4-6 Cross step L behind R, point R to R side (weight remains on L), hold

Restart:

To the Kenny Loggins version: The restart will occur to the 12 o'clock (front) wall during the 5th repetition of the dance; you will dance Sets 1-7 only (eliminate Set 8) and then start again to the 12 o'clock (front) wall. Towards the end of the song, there will be a short pause as you finish set 7 where you will slow down and take your time, prolonging the last sweep and then continue with the last 8 counts (Set 8) of the dance. You will end to the front wall as you dance sets 1 and 2 and step forward on your R and hold for a beautiful ending.

To the Sarah McLachlan & Carpenters version: The restart will occur to the 9 o'clock wall during the 5th repetition of the dance; you will dance only Sets 1-3 and only the first 3 counts of Set 4 BUT putting weight on your Left after the ¾ turn so you can then start again on your Right at the 9 o'clock wall. When the music slows down or pauses during the Carpenters version, simply slow down/pause with the music and then continue until the music fades. The ending for the Sarah McLachlan version is the same as the Kenny Loggins version ending to the front wall. It gets easier as you get familiar with the music.

Whichever version you pick, hope you enjoy the dance ☺