

OVER THE RAINBOW

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MUSIC: CD Gems - The Duets Collection "Over The Rainbow" Track #6 Michael Bolton & Paula Fernandes

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SEQUENCE: Intro, A, B, C, B, Ending **SPEED:** Slowed to 24 MPM **RELEASED:** March 2015

RHYTHM: Rumba **PHASE:** VI **FOOTWORK:** Described for Man - Woman opposite (or as noted)

INTRO

1 - 4 WAIT 1 MEAS; HIP ROCK 3; SPOT TURN UNDER L HANDS TO SHADOW LINE; BK BREAK;

- 1 - Wait 1 meas in SHADOW POS FCING WALL w/L foot free for both but R hand on front of own R hip;
- 2 - Sd L, sd R, sd L,-;
- 3 - Fwd & across R LOD trng LF under joined L hands, rec L cont LF trn keeping L hands high, cont LF trn sd R trng ¼ LF (fwd & across R LOD trng LF, rec L cont LF trn under joined L hands, cont LF trn sd R trng ¼ LF) to end SHADOW POS FCING LOD now M's R hand on W's R shoulder blade & W's R arm extended side,-;
- 4 - Bk L, rec R, fwd L still in SHADOW POS FCING LOD,-;

PART A

1 - 4 RUMBA WALK 2 & CLOSE w/M's HEAD LOOP; LEFT LUNGE & EXTEND w/LADY CARESS; (TO WALL) LADY SYNC ROLL OUT TO FACE; OPEN HIP TWIST LADY SPIN TO CUDDLE;

- 1 - Fwd R, L, cl R to L taking L arm over your head (fwd R, L, cl R to L allowing M to place your L arm across his shoulder line) to end looking at each other but still FCING LOD & W in front of M on his R sd,-;
- S-- 2 - Lunge sd L extending L arm out to sd (lunge sd L sweeping R arm up & down to caress R sd of M's fc);
- QQS 3 - Rec R, cl L to R trng slightly RF, fwd R (rec R comm RF trn, cl L to R cont RF trn, fwd R, fwd L trng ½ RF
- (QQ&S) completing 1 ¾ RF roll) to join lead hands low ending LEFT OPEN FCING POS M FCING WALL,-;
- 4 - Fwd L, rec R, keeping fwd poise cl R to L leading W to spin releasing lead hands (bk R, rec L, fwd R spin RF on R 1 full trn bringing feet tog to tch L) blending to CUDDLE POS M FCING WALL W's arms on top of M's,-;

5 - 8 CUCARACHA; BACK 2 TO CORTE; w/SLOW LEG CRAWL; RUDOLPH RONDE & LARIAT TO LEFT OPEN LINE;

- 5 - Sd R RLOD, rec L, cl R to L in CUDDLE POS M FCING WALL,-;
- 6 - Bk L to COH, bk R, softening R knee bk & slightly sd L (fwd R, L, R) still CUDDLE POS in corte line,-;
- 7 - Comm straightening L leg & start to rotate body LF,-, cont rising w/LF rotation stretching L sd high leading W to leg crawl (as M takes lead side high & rotates you LF lift L left up outside M's R thigh) still CUDDLE POS,-;
- SQQ 8 - Rotating RF to lead W out of leg crawl/keeping L ft bk initially fwd R strong between W's feet flexing R knee while trng upper body RF leading W's ronde,-, rk sd L starting to take L arm over head, rec R trng LF (bk L flexing L knee and swing R ft up & out in a circular clockwise ronde movement while trng RF on L ft allowing head to open to brief SCP WALL and lead arm to slide down to lead hand hold,-, bk R COH, trng LF sd & fwd L twd LOD) to end LEFT OPEN POS FCING LOD,-;

9-12 BOTH ROLL IN TO R HANDSHAKE; SIDE WALK 3; SHADOW NEW YORKER STACK HANDS; CROSS HAND UNDERARM TURN;

- 9 - Trng LF fwd L LOD,-, fwd R trng LF, cont LF trn fwd L (fwd R LOD, fwd L trng RF, cont RF trn fwd R);
- 10 - As you face ptr & COH shake R hands sd R, cl L to R, sd R (sd L, cl R to L, sd L,-);
- 11 - Trng RF (LF) fwd L LOD w/L arm behind W, rec R trng LF, cont LF trn to fc ptr sd L & join L hands under R,-;
- 12 - Bk R taking R arm over W's head, rec L taking L arm over W's head, sd R (fwd & across L trng RF first under joined R hands, then L hands fwd R cont RF trn, sd L fc M) to end M FCING COH now L hands on top of R,-;

13-16 (HANG ON) OPEN BRK TO SKATER LOD; WHEEL 6; TO FC DRW w/SIDE LUNGE ENDING; (TO WALL) LADY OUT LEFT TO FACE (LEAD HANDS LOW);

- 13 - Apt L, rec R, raising L hands high fwd L trng ¼ RF (apt R, rec L, fwd R trng ¼ LF under joined L hands) lowering L hands & right hands now at W's R hip to end in SKATER POS FCING LOD,-;
- 14 - Wheel strongly RF fwd R, L, R (bk L, R, L) to end FCING COH,-;
- 15 - Continue RF wheel fwd L, R, release R hands trng slightly RF sd & fwd L twd DLW softening L knee in lunge line to look at W extending R arm up & out to sd (cont RF wheel bk R, L, sd & bk R twd DRC soften R knee in lunge line extending R arm out to sd) to end w/L handshake both FCING DRW looking at each other,-;
- 16 - Rec R, cl L to R trng LF to fc WALL releasing L hands, fwd & sd R (rec L, fwd R to WALL trn 3/8 LF, cont LF trn bk L) join lead hands low to LEFT OPEN FCING POS M FCING WALL,-;

PART B**1 - 4 LUNGE & CLOSE LADY SIT LINE w/SPIRAL; & LOWER w/EXTRA SPIN LADY FC LINE; CROSS SWIVEL & LADY SPIN LEFT TO WRAP WALL; SOFTEN & SUNBURST TO;**

- s 1 - Lower in R knee keeping a straight back allowing L ft to slide sd & bk, start to rise, cont to rise raising lead hands to lead W under LF and cl L to R (bk R flexing R knee to momentary sit line, rec L, fwd R, spiral ¼ LF under lead hands allowing L arm to fold in front of body) to end M FCING WALL trailing arm extended side twd RLOD & W FCING LOD briefly,-;
- 2 - Soften both knees leading W to cont to trn,-, a full LF trn further rising & catching W's L shoulder blade w/R hand (bringing feet together & softening both knees,-, cont to turn LF 1 full trn on R) to end as last measure but w/M's R hand on W's L shoulder blade,-;
- qqs 3 - Sd R, rec L leading W LF under joined lead hands again, cl R to L catching W's L hand with your R hand as it comes around the 2nd time (fwd L LOD/swvl ¼ LF on L, fwd R RLOD bringing feet together, spin 1 ¼ LF on R under joined lead hands) to end TANDEM WRAP POS FCING WALL both L foot free,-;
- OPTION:** Lady may simply wrap ¼ LF taking out the spin in this measure using SS timing instead of QQ.
- 4 - Soften both knees w/feet together heads down looking slightly L,-, w/L sway lift W's hands straight up to your L release them to explode hands up & out arms fully extended as you raise heads & straighten legs,-;

5 - 8 CUDDLE WRAP (L FT); FAN M 2 SLOW SIDE ROCKS; HOCKEY STICK LADY SPIRAL ON 3; OVERTURN TO FACE & SHAKE R HANDS;

- 5 - Continue to take arms outward and down straightening out of L sway,-, bring arms around W assuming WRAP POS w/arms but only joining lead hands both making sure L foot is free,-;
- ss 6 - Sd L leading W to fan,-, rec R (trng slightly LF sd & fwd L LOD, fwd & across R trng ½ LF, cont LF trn bk L) to end in FAN POS M FCING WALL,-;
- (qqs) 7 - Fwd L, rec R, raising joined lead hands high cl L to R leading W to spiral (cl R to L, fwd L, fwd R in front of M, spiral 7/8 LF on R),-;
- 8 - Bk R, rec L, sd R (fwd L RLOD, fwd R DRW trng ½ LF under joined lead hands, cont LF trn sd L) to a R handshake M FCING WALL,-;

9-12 BASIC TO STACK HANDS; CROSS HAND UNDERARM TURN M FACE CENTER; LARIAT 6 w/LADY SPIRAL ON 2; M FWD SPOT TURN TO FACE R HANDS;

- 9 - Fwd L, rec R, sd L joining L hands under R hands (bk R, rec L, sd R) to end w/hands stacked R over L,-;
- 10 - Bk R taking R arm over W's head, rec L taking L arm over W's head, fwd R under joined L hands trn ½ LF immediately raising R hands & starting to lower L hands (fwd & across L trng RF first under joined R hands, then L hands fwd R cont RF trn, sd & fwd L) to end both FCING COH W to M's L side,-;
- 11 - Sd & slightly bk L, rec R taking L hands high leading W to spiral & R hands low, cl L to R (circling around M fwd R, fwd L/spiral 7/8 RF, fwd R) to end M FCING COH & W on M's R side FCING WALL,-;
- 12 - Fwd R trng ½ LF first under joined L hands, then R hands rec L, sd R releasing L hands (continue circling around M fwd L, fwd R trng RF to fc M, sd L) to end M FCING WALL w/R handshake,-;

13-16 ALEMANA; TO STACK HANDS ROPE SPIN;; TO FACE R HANDS;

- 13 - Fwd L, rec R, cl L to R raising joined R hands (bk R, rec L, fwd R to M toeing out),-;
- 14 - Bk R, rec L pushing L ft slightly sd, cl R to L joining L hands low w/R hands still high, then changing to L hands high & R hands low to lead W's spiral (trng RF fwd L DLC trng ½ RF under joined lead hands, fwd R WALL trng ½ RF to fc M, fwd L to M's R sd, spiral 7/8 RF under R hands),-;
- 15 - Sd L start taking L arm over own head, rec R starting to bring R arm high, cl L to R start taking R arm over head (lariat circle around M CW fwd R, L, R to M's L sd),-;
- 16 - Bk R bring R hands down in front, rec L, sd R (cont around M fwd L, R trng RF to fc M, sd L) releasing L hands to end w/R handshake,-;

PART C**1 - 4 ALEMANA; w/SURPRISE CHECK; SWEETHEART TO CROSS SWIVELS; M HIP ROCKS;**

- 1 - Fwd L, rec R, cl L to R raising joined R hands (bk R, rec L, fwd R to M toeing out),-;
- qq-q 2 - Bk R, rec L/swivel 1/8 LF on L to fc DLW bringing joined R hands thru at chest level between ptrs & extend them across in front of W, swivel ¼ RF on L to end V-shape fcng ptr & RLOD with L arms extended to sd M's behind W, cl R to L (trng RF fwd L DLC/trng ½ RF under R hands, fwd R DRW/trng ½ RF to fc DLC, swvl ½ RF on R, cl L to R) to end both facing DRW w/R hands joined;

- 3 - Fwd L leading W bk w/R hands w/slight LF body turn & look back at W, rec R, trng LF sd L twd LOD trng W RF (bk R w/LF body turn, rec L, fwd R RLOD trng ¼ RF) to end M FCING WALL in R handshake W well to M's R sd FCING DLC,-;
- 4 - Leading W for cross swivels sd R, sd L, sd R (fwd L LOD/swvl ¼ LF on L, fwd R RLOD/swvl ¼ RF on R, fwd L LOD, swivel ¼ LF on L) still FCING WALL w/R hands joined but W now more in front of you fcing DRC,-;

**5 - 8 SLOW REVERSE UNDERARM M CHANGE HANDS; AIDA M BACK UP;
SWITCH ROCK SYNCOPATE TO BOTH SLOW UNDERARM;-, & FACE CLOSE,-;**

- s-- 5 - Still with handshake fwd & across L slowly trng W under LF,-, stretch R sd shaping as you lower R hands & place W's R hand in your L hand (fwd & across R trng,-, slowly ½ LF under joined R hands),-;
- 6 - Bk R, bk L trng W around, bk R (fwd L, fwd R trng LF, bk L) to end in AIDA LINE FCING RLOD,-;
- QQ&S 7 - Taking lead hands thru twd LOD trng LF (RF) sd L to fc, sd R/sd L, raising lead hands fwd & across R LOD starting to trn LF on R (RF on L) under joined lead hands,-;
- QQ 8 - Cont trng slowly under joined lead hands LF on R,-, bring lead hands down fwd L RLOD, trng LF (RF) cl R to L to end LEFT OPEN FCING M FCING WALL;

9-12 OPEN BREAK TO; NATURAL TOP 3 FACE LINE; CONTINUOUS HIP TWIST; FACE WALL;

- 9 - Apt L, rec R, trng RF sd & slightly bk L (bk R, rec L, fwd R between M's feet) to loose CP DLW,-;
- 10 - Trng RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn almost close small fwd R (trng RF sd L, cont RF trn XRIF of L, cont RF trn sd L) to end loose CP LOD,-;
- 11 - Fwd L LOD trng 1/8 RF leading W to open out, rec R trng ¼ LF, bk L behind R toe to heel (swvl ½ RF on L/bk & sd R, rec L/swvl 5/8 LF on L, fwd R outsd ptr to M's R sd, trn hips RF towards COH),-;
- 12 - Small sd & bk R leading W fwd COH as if to fan/then swvl W LF to loose BJO DLC, comm RF trn like a wheel fwd L, fwd R (fwd L/swvl ¼ LF on L, comm RF wheel fwd R, fwd L) to end loose CP DLW;

**13-16 CIRCULAR HIP TWIST; FACE CENTER; M SWVL CLOSE LADY FWD & SLOW SPIRAL;
(TO WALL) LADY SYNCOPATE ROLL OUT LEFT IN 5 TO FACE (LEAD HANDS);**

- 13 - Fwd L to WALL trng 1/8 RF leading W to open out, rec R trng ¼ LF, bk L behind R toe to heel (swvl ½ RF on L/bk & sd R rec L/swvl 5/8 LF on L, fwd R outsd ptr to M's R sd, trn hips RF towards LOD),-;
- 14 - Trng LF sd & bk R, cont trn XLIB of R, cont trn sd & bk R (fwd L/swvl LF to fc ptr, cl R to L/trn hips RF, fwd L twd RLOD) to end M FCING COH & W FCING RLOD,-;
- s-- 15 - Swvl ¼ LF on R/as you cl L to R leading W fwd twd WALL to spiral LF under joined lead hands (swvl ¼ LF on L/as you step fwd R twd WALL and slowly spiral 7/8 LF on R) to end M FCING RLOD & W FCING DRW;
- QQS 16 - Lower joined lead hands to lead W to roll out L twd WALL bk R LOD, rec L trng ¼ LF releasing lead hands, (QQ&S) fwd R (fwd L twd WALL/trng LF cl R to L spin 1 full trn, fwd L twd WALL/trng ½ LF cl R to L, bk L) to join lead hands in L OPEN FCING POS;

PART B

ENDING

1 - 4 ALEMANA; w/SURPRISE CHECK; SWEETHEART TO CROSS SWIVELS M HIP ROCKS;;

- 1 - Repeat measure 1 of Part C,-;
- QQ-Q 2 - Repeat measure 2 of Part C,-;
- 3 - Repeat measure 3 of Part C,-;
- 4 - Repeat measure 4 of Part C where W's 2nd & 3rd cross swivels should hit the words "why oh",-;

**5 - 8 SLOW REVERSE UNDERARM M CHANGE HANDS; AIDA M BACK UP;
SWITCH ROCK SYNCOPATE TO CROSS LUNGE w/ARM SWEEP; & EXTEND;**

- s-- 5 - Repeat measure 5 of Part C trying to hit the step on the 2nd "why" of the words "why oh why",-;
- 6 - Repeat measure 6 of Part C but slowing down a little where the first two steps should hit the words "can't" and "I" and take a little extra time to develop the arms in the Aida Line,-;
- QQ&S 7 - Repeat measure 7 of Part C but fwd & across R LOD flexing R knee w/R sway sweeping R arm up & over twd LOD while maintaining eye contact w/each other,-;
- 8+ - Holding this line w/R sway and on last note slowly pull own trailing arm down & thru between ptr,-, to extend trailing arm down & out to sd w/lead hands still joined high to end looking at ptr,-;

NOTE: Timing is standard QQS, unless noted on side of measure, and refers to actual weight changes.