



Caribbean Rainbow



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Choreographed: 10 July, 2020

Music: Neil Sedaka, **Album:** "The Tra La Days Are Over", Track 4 (1973)

Time: 3:18; **Speed:** 100% (45 RPM)

Download:

Preview: <https://www.youtube.com/watch?v=ZROloSzDg-0>

Rhythm: Cha, Phase III, **Difficulty:** Average

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

Note: Part B contains measures that are 7 beats in length.

Sequence: INTRO, A, B, A, B, A, B (1-7), C, C, END

INTRODUCTION

1-4 (IN BFLY WALL) WAIT 2 MEASURES ; ; TRAVELING DOOR TWICE ; ;

1-2 {Wait 2} in BFLY FCG WALL wait 2 meas.;

3-4 {Traveling Doors} rk sd L, rec R, XLIF of R/sd R, XLIF of R to L; rk sd R, rec L, XRIF of L/sd L, XRIF of L;

5-6 CUCARACHA TWICE ; ;

5-6 {Cucaracha} sd L w/ partial wgt, rec R, cl L/sip R, sip L to BFLY fcg WALL; sd R w/ partial wgt, rec L, cl R/sip L, sip R,-;

PART A

1-4 HALF BASIC ; UNDERARM TURN ; LARIAT ; ;

1-2 {Half Basic} fwd L, rec R, sd L/cl R, sd L; {Underarm Turn} bk R twd DLC trng slightly RF, rec L to fc ptr, sd R/cl L, sd R (W fwd L swivel RF 1/2 undr ld hnds, cont trn rec R to fc M, sd L/cl R, sd L);

3-4 {Lariat} sip L,R,L/R,L (W circ arnd M CW R,L,R/cl L,fwd R); sip R,L,R/L,R (W cont arnd M L,R,L/cl R,sd L to fc M);

5-8 SHOULDER TO SHOULDER ; CRAB WALKS ; ; FENCE LINE ;

5-6 {Shoulder to Shoulder} fwd L to SCAR BFLY fcg DRW (W bk R), rec R, sd L/cl R, sd L; {Begin Crab Walks} XRIFL, sd L, XRIFL/sd L, XRIFL;

7-8 {Finish Crab Walks} sd L, XRIFL, sd L/cl R, sd L; {Fence Line} retain BFLY hold XRIFL, rec L, sd R/cl L, sd R;

PART B

1-4 NEW YORKER IN 4 ; TWISTY VINE 7 ; SHOULDER TO SHOULDER ; FRONT TWISTY VINE 7 ;

1-2 {New Yorker IN 4} strong XLIFR straight leg to L OP RLOD, rec R to fc, sd L, cl R; {Twisty Vine 7} twd LOD in BFLY throughout sd L, XRIBL, sd L, XRIFL, sd L, XRIBL, sd L;

3-4 {Shoulder to Shoulder} fwd R to BJO BFLY twd DLW (W bk L), rec L to fc WALL, sd R/cl L, sd R; {Front Twisty Vine 7} twd RLOD in BFLY throughout XLIFR, sd R, XLIBR, sd R, XLIFR, sd R, XLIBR;

5-8 TRAVELING DOOR ; TWISTY VINE 7 ; CROSS CHECK, RECOVER & FRONT TWISTY VINE 5 ; SHOULDER TO SHOULDER ;

5-6 {Traveling Door} twd RLOD rk sd R, rec L, XRIFL/sd L, XRIFL; {Twisty Vine 7} twd LOD in BFLY throughout sd L, XRIBL, sd L, XRIFL, sd L, XRIBL, sd L;

- 7-8 {Cross Check, Recover & Cha to Face} twd LOD in BFLY throughout twd LOD XRIFL chkg, rec L trng to fc ptr, sd R, XLIFR, sd R, XLIBR, sd R; {Shoulder to Shoulder} fwd L to SCAR BFLY fcg DRW (W bk R), rec R, sd L/cl R, sd L;

9 SPOT TURN :

- 9 {Spot Turn} strong XRIF of L trng LF, cont trn rec L to fc ptr, sd R/cl L, sd R;

**REPEAT PART A
REPEAT PART B
REPEAT PART A**

PART B (1-7)

PART C

1-4 NEW YORKER TO OPEN & CHA ; WALK & CHA ; SLIDING DOOR ; ROCK APART, RECOVER, FORWARD CHA ;

- 1-2 {New Yorker to Open} strong XLIFR straight leg to L OP fcg RLOD, rec R to fc, sd L/cl R, sd L trng to OP fcg LOD; {Walk 2 & Cha} fwd R, fwd L, fwd R/cl L, fwd R;
3-4 {Sliding Door} in OP fcg LOD rk apt L, rec R, chg sds crossing beh W (W crossing if M) XLIF/sd R, XLIF; {Rock Apart, Recover & Forward Cha} rk apt R, rec L, fwd R/cl L/ fwd R;

5-8 FORWARD TURN IN, CHA BACK ; BACK HALF BASIC ; SLIDING DOOR ; ROCK APART, RECOVER, CHA TO FACE ;

- 5-6 {Forward Turn In & Back Cha} fwd L comm LF trn (W RF trn) bk R completing LF trn (W RF) to fc RLOD in OP, bk L/cl R, bk L; {Back Basic} rk bk R, rec L, fwd R/cl L, fwd R to OP pos fcg RLOD;
7-8 {Sliding Door} rk apt L, rec R, XLIF/sd R M passing beh W, XLIF; {Rock Apart Recover & Cha to Face} rk apt R, rec L to fc ptr, sip R/sip L, sip R to BFLY fcg WALL;

REPEAT PART C

ENDING

1-4 HALF BASIC ; UNDERARM TURN ; LARIAT ; ;

- 1-2 {Half Basic} fwd L, rec R, sd L/cl R, sd L; {Underarm Turn} bk R twd DLC trng slightly RF, rec L to fc ptr, sd R/cl L, sd R (W fwd L swivel RF 1/2 undr ld hnds, cont trn rec R to fc M, sd L/cl R, sd L);
3-4 {Lariat} sip L,R,L/R,L (W circ arnd M CW R,L,R/cl L,fwd R); sip R,L,R/L,R (W cont arnd M L,R,L/cl R,sd L to fc M);

5-8 SHOULDER TO SHOULDER ; CRAB WALKS 1/2 ; (SLOWLY IN 2) LUNGE & RECOVER ; (SLOWLY IN 2) DIP & TWIST ;

- 5-6 {Shoulder to Shoulder} fwd L to SCAR BFLY (W bk R), rec R, sd L/cl R, sd L; {Crab Walks 1/2} XRIFL, sd L, XRIFL/sd L, XRIFL;
7-8 {Lunge & Recover} lunge sd L lowering,-, rec R,-; {Dip And Twist} bk L,-, cl R, twist to SCP RLOD pos,-;

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Jim & Kathie Kline; Choreographed: 10 July, 2020

Neil Sedaka, "The Tra La Days Are Over", Track 4 (1973)

Cha; Phase III

Note: Part B contains measures that are 7 beats in length.

Sequence: INTRO, A, B, A, B, A, B (1-7), C, C, END

INTRODUCTION

1-4 WAIT 2 ; ; TRAV DR 2X ; ;

5-6 CUCA 2X ; ;

PART A

1-4 1/2 BAS ; UNDRM TRN ; LRT ; ;

5-8 SHLDR-SHLDR ; CRB WLKS ; ; FNC LINE ;

PART B

1-4 NY IN 4 ; TWST VN 7 ; SHLDR-SHLDR ; FRNT TWST VN 7 ;

5-8 TRAV DR ; TWST VN 7 ; X CHK, REC & FRNT TWST VN 5 ; SHLDR-SHLDR ;

9 SPT TRN ;

PART A

1-4 1/2 BAS ; UNDRM TRN ; LRT ; ;

5-8 SHLDR-SHLDR ; CRB WLKS ; ; FNC LINE ;

PART B

1-4 NY IN 4 ; TWST VN 7 ; SHLDR-SHLDR ; FRNT TWST VN 7 ;

5-8 TRAV DR ; TWST VN 7 ; X CHK, REC & FRNT TWST VN 5 ; SHLDR-SHLDR ;

9 SPT TRN ;

PART A

1-4 1/2 BAS ; UNDRM TRN ; LRT ; ;

5-8 SHLDR-SHLDR ; CRB WLKS ; ; FNC LINE ;

PART B (1-7)

1-4 NY IN 4 ; TWST VN 7 ; SHLDR-SHLDR ; FRNT TWST VN 7 ;

5-7 TRAV DR ; TWST VN 7 ; X CHK, REC & FRNT TWST VN 5 ;

PART C

1-2 NY TO OP & CHA ; WLK & CHA ;

3-4 SLDNG DR ; RK APT REC FWD CHA ;

5-6 FWD TRN IN CHA BK ; BK 1/2 BAS ;

7-8 SLDNG DR ; RK APT REC CHA TO FC ;

PART C

1-2 NY TO OP & CHA ; WLK & CHA ;

3-4 SLDNG DR ; RK APT REC FWD CHA ;
5-6 FWD TRN IN CHA BK ; BK 1/2 BAS ;
7-8 SLDNG DR ; RK APT REC CHA TO FC ;

ENDING

1-4 1/2 BAS ; UNDRM TRN ; LRT ; ;
5-6 SHLDR-SHLDR ; CRB WLKS 1/2 ;
7-8 (SLOWLY IN 2) LUN, REC ; (SLOWLY IN 2) DIP, TWST ;