

Sacrifice

拍数: 64 墙数: 2 级数: Intermediate Rumba style
编舞者: Glynn Rodgers (UK) - August 2019
音乐: Sacrifice - Elton John : (5:06)



#32 count intro

Note: (S) = SLOW or 2 counts, (Q) = QUICK or 1 count.

[1-8] Serpienté Weave.

- 1-2 (S) Step right forward/slightly across left sweeping left forward over 2 counts.
- 3-4 (QQ) Cross left over right, step right to right side.
- 5-6 (S) Cross left behind right sweeping right foot back over 2 counts.
- 7-8 (QQ) Cross right behind left, step left to left side.

Restart here on wall 7

[9-16] Cross Rock-Side, Hold, Cross Rock-¼ Turn, ¼ Side.

- 1-2 (QQ) Cross rock right over left, recover weight on to left
- 3-4 (S) Step right to right side, hold.
- 5-6 (QQ) Cross rock left over right, recover weight on to right.
- 7-8 (QQ) Turn ¼ left stepping forward left, turn ¼ left stepping right beside left.

[17-24] Behind, Sweep, Behind ¼, Full Spiral, Run-Run.

- 1-2 (S) Cross left behind right sweeping right foot back over 2 counts.
- 3-4 (QQ) Cross right behind left, turn ¼ left stepping forward left.
- 5-6 (S) Step forward right spiralling full turn left over 2 counts.
- 7-8 (QQ) Run forward left-right.

[25-32] Slow Rock, Recover, ½ Step, Step, Hold, Full Turn.

- 1-2 (S) Rock forward left over 2 counts.
- 3-4 (QQ) Recover weight on to right, make ½ turn left stepping left beside right.
- 5-6 (S) Step forward right (prepping to turn right), hold.
- 7-8 (QQ) Make full turn right stepping left-right.

[33-40] ¼ Side, Hold, Back Rock, Hinge ½ Turn, Cross, Close.

- 1-2 (S) Turn ¼ right stepping left to left side, hold.
- 3-4 (QQ) Rock right behind left, recover weight on to left.
- 5-6 (QQ) Turn ¼ left stepping back right, turn ¼ left stepping side left.
- 7-8 (QQ) Cross right over left, step left behind right heel.

Restart here on wall 3

[41-48] Cross, Sweep, Diamond Fall Away ¼ Turn.

- 1-2 (S) Cross right over left sweeping left foot forward over 2 counts.
- 3-4 (QQ) Cross left over right, step right to right side.
- 5-6 (S) Turn 1/8 left stepping back left sweeping right back over 2 counts.
- 7-8 (QQ) Step back right, turn 1/8 left stepping left to left side.

[49-56] Cross Rock, Side, Touch, Rolling 1 & ½ Vine with Sweep.

- 1-2 (QQ) Cross rock right over left, recover weight on to left.
- 3-4 (QQ) Step right to right side, touch left beside right.
- 5-6 (QQ) Turn ¼ left stepping forward left, turn ½ left stepping back right.
- 7-8 (QQ) Turn ½ left stepping forward left, sweep right forward making further ¼ turn left.

[57-64] Cross, Hold, Hinge $\frac{1}{4}$ Turn, Cross, Hold, Hinge $\frac{1}{2}$ Turn.

1-2 (S) Cross right over left, hold.

3-4 (QQ) Turn $\frac{1}{4}$ right stepping back left, step right to right side.

5-6 (S) Cross left over right, hold.

7-8 (QQ) Turn $\frac{1}{4}$ left stepping back right, turn $\frac{1}{4}$ left stepping side left.
