

The Sacrifice

拍數: 32 牆數: 4 級數: Novice
編舞者: Chatti the Valley (ES) - April 2013
音樂: The Sacrifice - Dolly Parton



Intro: 16 counts - Bpm: 120

[1-8]: Left ROCK STEP, COASTER STEP, Right STEP, ½ TURN, Left SAILOR STEP ¼ TURN.

- 1 Step Left forward
- 2 Recover weight on right foot
- 3 Step left back
- & Step right back & beside left foot
- 4 Step left forward
- 5 Step right forward
- 6 ½ turn left & Weight on right foot (6:00)
- 7 ¼ turn left & Step left behind right foot (3:00)
- & Step right to right side
- 8 Step left to left side

[9-16]: Right Side ROCK STEP, BEHIND, ¼ TURN & STEP, Left STEP, ¾ TURN, Left CHASSE.

- 1 Step right to right side
- 2 Recover weight on left foot
- 3 Step right behind left foot
- & ¼ turn left & Step left forward (12:00)
- 4 Step right forward
- 5 Step left forward
- 6 ¾ turn right & Weight on right foot (9:00)
- 7 Step left to left side
- & Step right beside left foot
- 8 Step left to left side

[17-24]: Right SAILOR STEP, Left BEHIND, SIDE, CROSS, Right ROCK STEP, Right Back SHUFFLE.

- 1 Step right behind left foot
- & Step left to left side
- 2 Step right to right side
- 3 Step left behind right foot
- & Step right to right side
- 4 Cross left over right foot
- 5 Step right forward
- 6 Recover weight on left foot
- 7 Step back on right
- & Step back on left & Cross over right foot
- 8 Step back on right

[25-32]: Left COASTER STEP, Right Side ROCK STEP, Syncopated WEAVE to LEFT.

- 1 Step back on left
- & Step back on right foot, beside left foot
- 2 Step left forward
- 3 Step right to right side
- 4 Recover weight on left foot
- 5 Step right behind left foot
- & Step left to left side

6 Cross right over left
& Step left to left side
7 Step right behind left foot
& Step left to left side
8 Cross right over left

START AGAIN

RESTART: During fourth wall (4^a), dance until count 16, change Left CHASSE, for Left SIDE, TOGETHER, weight remains on right foot and start the dance from the beginning (you are facing 12:00 in that moment).

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