

# Sanctuary

拍數: 48                      牆數: 4                      級數: Phrased Intermediate  
編舞者: Sebastiaan Holtland (NL) - March 2018  
音樂: Sanctuary - Welshly Arms : (Single - iTunes)



Introduction: 16 counts, start approx. 13 sec.

Sequences: A, B, A, A24, B, A, A16, B, Tag, A, A, A 16 ending.

## Part A1. [1-8] Back with Sweep L, Weave R, Recover, Side with ¼ Turn L, Side Press R with Sweep R ¼ Turn L, Syncopated Weave L with Sweep L.

- 1                      Step R back and sweep L from front to back (1).
- 2&3                  Step L behind R (2), Step R to R (&), Step L across R (3).
- 4&5                  Recover back onto R (4), Make ¼ turn L (9.00) step L to L (&), Press R to R (5).
- 6                      Recover back onto L and make ¼ Turn L (6.00) and sweep R from back to front (6).
- 7&8                  Step R across L (7), Step L to L (&), Step R behind L and sweep L from front to back (8).

## Part A2. [9-16] Weave R, Side, Cross, Hip Push R Back, Step Lock Step L with ½ Circle L, Heel Tap R, Replace & Out.

- 1&2&3                Step L behind R (1), Step R to R (&), Step L across R (2), Step R to R (&), Step L across R (3).
- 4                      Step R slightly diagonal back and push hips back (4).
- 5&6                  ½ Circle L: Step L fwd (5), Lock R behind L (&), Step L fwd (6) squaring up at (12:00)
- 7&8                  Tap R heel fwd (7), Step R back in place (&), Step L out to L taking weight onto L (8).

## Part A3. [17-24] Arm, Head & Hand Movements with Knee Lift R, Side Rock R & Cross, Back with ¼ Turn R, Out Out (weight change), R Fwd, Hitch L, L Fwd.

- 1                      Look up and bring your R up with hand palm in on head high while you holding your L hand in same position as R under chest high (fingers spread) (1).
- 2                      Bring your both hands with both fist together on chest high and lift R knee up (2).
- 3&4                  Rock R to R (3), Recover back onto L (&), Step R across L (4).
- 5&6                  Make ¼ turn R (3.00) step L back (5), Step R out to R (&), Step L out to L taking weight onto L (6).
- 7&8                  Step R fwd (7), Hitch L knee up (&), Step L back in place (8).

## Part A4. [25-32] Basic Nightclub R, Back with Sweep R ½ Turn R, Sailor Turn R with ¼ Turn L, Sailor Turn L with 1/8 Turn R, Side, Back, L Fwd with 3/8 Turn L, Knee Lift R.

- 1,2&                 Step R to R and drag L towards R (1), Step L beside R (2), Step R across L (&).
- 3                      Make ½ turn R (9.00) and sweep R from front to back (3).
- 4&5                  Step R behind L (4), Make ¼ turn L (6.00) step L to L (&), Step R to R (5).
- 6&7                  Step L Behind R (6), Make 1/8 turn R (7.30) step R to R (&), Step L to L (7).
- &8&                 Step R back (&), Make 3/8 turn L (3.00) step L fwd (8), Lift R knee up (&).

## Pattern B: 16 counts.

### B1. [1-8] Side Rock / Recover, Together, Side with Heel Fan R with ¼ Turn R, Replace / Recover with Sweep R, Small Back with Sweep L, Syncopated Sailor Step L, Together.

- 1,2&                 Rock R to R (1), Recover back onto R (2), Step R beside L (&).
- 3,4                    Make ¼ turn R and step L to L and fan R heel to R while you holding your on the floor (3), Step R back in place and press R fwd (4).
- 5,6                    Recover back onto L and sweep R from front to back (5), Step R slightly back and sweep L from front to back (5).
- 7&8&                Step L behind R (7), Step R to R (&), Step L to L (8), Step R beside L (&).

### B2. [9-16] Step with Sweep R ¼ Turn L, Syncopated Weave L with Sweep L, Behind, Side, Fwd Rock /

**Recover with ¼ Turn R with Arm Movement R, Knee Lift L, Step, Together Out.**

- 1                    Make ¼ turn L step L fwd and sweep R from back to front (1).  
2&3                Step R across L (2), Step L to L (&), Step R behind L and sweep L from front to back (3).  
4&                 Step L behind R (4), Step R to R (&).  
5,6                Rock L fwd and push your R hand fwd on chest high (5), Make ¼ turn R recover back onto R  
                      and pull R elbow backward with fist to front on chest high and lift L knee up (6).  
7&8                Step L fwd (7), Step R beside L (&), Step L out to L weight onto L (8).

**(NB: Easy Tag here after above 16 counts, after start again with part A).**

**TAG:**

**[1-6] Fwd Rock R / Recover, Side Rock L / Recover, Together, Point R ( Note: Dancing the counts 1-6 slowly )**

- 1,2&                Rock R fwd (1), Recover back onto L (2), Step R beside L (&).  
3,4                 Rock L to L (3), Recover back onto R (4).  
5,6                Step L beside R (5), Point R out to R (6).

**REPEAT DANCE AND HAVE FUN!!**

**Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)**

**Website: [www.dancewithsebastian.jouwweb.nl](http://www.dancewithsebastian.jouwweb.nl)**

---