

Sacrifice

拍數: 32 牆數: 2 級數: Newcomer / Beginner
編舞者: Angela Bartsch (DE) - August 2022
音樂: Sacrifice - Elton John



Motion: Rumba
INTRO: 32 COUNTS

[1-8]: R Mambo Forward, L Mambo Backward, R/L Mambo Side

1&2 RF Mambo Forward, back on place
3&4 LF Mambo Backward, back on place
5&6 RF Mambo Side, back on place
7&8 LF Mambo Side, back on place

[9-16]: RUMBA – BOX ¼ TURN LEFT

1&2 RF Step to right side, LF close on RF, RF Step back
3&4 LF Step to left side, RF close on LF, LF Step Forward
5&6 RF step to right side, LF close on RF, RF Step back
7&8 LF Step to left side, RF close on LF, LF ¼ turn left, RF touch by side LF

[17-24] RUMBA – BOX ¼ TURN LEFT

1&2 RF Step to right side, LF close on RF, RF Step back
3&4 LF Step to left side, RF close on LF, LF Step Forward
5&6 RF step to right side, LF close on RF, RF Step back
7&8 LF Step to left side, RF close on LF, LF ¼ turn left, RF touch by side LF

[25-32] RF LOCKSTEP FORWARD, LF MAMBO FORWARD, RF LOCKSTEP BACKWARD, LF MAMBO BACK

1&2 RF Lockstep forward
3&4 LF Mambo forward, back on place
5&6 RF Lockstep backward
7&8 LF Mambo backward, back on place

REPEAT, have fun

Last Update: 20 Aug 2023