

Sacrificed

拍數: 32 牆數: 4 級數: Improver
編舞者: Aleah Nothstein (USA) - November 2024
音樂: Sacrifice - The Weeknd



Restart wall 2 and wall 5

First 8 count

1-2-3-4 point right foot out (1) point left foot out (2) point right foot out (3) slide right foot into normal stance (4)
5-6-7-8 point left foot out (5) point right foot out (6) point left foot out (7) slide left foot into normal stance (8)

Second 8 count

1-4 Walk fwd RLRL (together on 4)
5-6 Step RF out to R side, slide LF in next to it
7-8 Step LF out to L side, slide RF in next to it

Third 8 count

1-2 step back right diagonal (1) touch left together, clap (2)
3-4 step back left diagonal (3) touch right together (4) clap twice (&4)
5-6 step back right diagonal (5) touch left together, clap (6)
7-8 step back left diagonal (7) touch right together (8) clap twice (&8)

Fourth 8 count

1-2 point right out (1) quarter turn over right (2)
3-4 point left out (3) step left together (4)
5-6-7-8 jazz box

Restarts walls 2 & 5:

Do first two 8 counts:

First 8 count

1-2-3-4 point right foot out (1) point left foot out (2) point right foot out (3) slide right foot into normal stance (4)
5-6-7-8 point left foot out (5) point right foot out (6) point left foot out (7) slide left foot into normal stance (8)

Second 8 count

1-4 Walk fwd RLRL (together on 4)
5-6 Step RF out to R side, slide LF in next to it
7-8 Step LF out to L side, slide RF in next to it

Then restart the dance
