

Sacred Places

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Shaz Walton (UK) - August 2010
音樂: Shorty's Got It Bad - Darren B



Dance starts with right foot forward bearing weight.

½ sweep. Back. Back. Forward. Step. ¼ . Behind. Side. Side. Behind. ¼

1-2 On right foot make ½ turn left sweeping left foot from front to back. Step back left.
3&4 Step right beside left. Step forward left. Make ¼ left stepping right to right side.
5&6 Cross step left behind right. Step right to right side. Step left to left side.
7-8 Cross step right behind left. Make ¼ left stepping left to left.

¼ Kick. Back. Together. Forward. Forward. Rocking chair. Forward. Twist. Twist. Dip. Hitch.

1-2 Make ¼ left on right kicking left forward. Step back left.
3&4 Step back right. Step forward left. Step forward right.
5&6 Rock forward left. Recover right. Rock back left.
&7 Recover right. Step forward left
&8 Twist heels left angling body to front. Twist heels to centre straightening up.
&1 Dip both knees (weight left). Hitch right knee.

Forward rock. Side rock. Cross. ¼. Rock. Recover. Heel. Ball. Forward.

2&3 Rock right forward. Recover on left. Rock right to right side.
&4 Recover on left. Cross step right over left.
5 Make ¼ right stepping back left.
6&7 Rock back on right. Recover left. Touch right heel forward,
&8 step right beside left. Step left a large step forward. (Push upper body forward & lean back here)

Bump. Bump. Heel. Step. Bump. Bump. Heel. Step. Side. Rock. Recover. Triple ¾

1&2 Step right small step to right bump hips to right. Bump hips to left. Touch right heel forward.
&3& Step right beside left. Step left small step to left bump hips to left. Bump hips to right.
4& Touch left heel forward. Step left beside right.
5-6& Take a large step to right stepping right to right side. Rock back left. Recover right.
7-8& Make ¼ right stepping back left. Make ½ right stepping right forward. Step left to left.

Touch. Side. Sailor ¼ . Touch. Step. Rock. Recover. Back. Back. ¼. Cross.

1-2 Touch right beside left. Step right to right side.
3&4 Sailor ¼ turn left ending with left forward.
&5 Touch right beside left. Step right forward.
6&7 Rock forward left. Recover on right. Step back left.
8&1 Step back right. Make ¼ left stepping left to left side. Cross step right over left.

¼ point. Hold. Ball step. Forward. ½ right. Touch. ½ right.

2-3 Make ¼ left touching left toe forward. Hold.
&4 Step left beside right. Step right forward.
5-6 Step left forward. Make ½ turn right. (weight left)
7-8 Touch right backwards. Make ½ right. (weight right)

Run. Run. Back drag. Ball step. ¼ bump. Bump. Sit. ¼ sailor.

&1-2-3 Run back left. Run back right. Step back left. Drag right heel to right
&4 Step right beside left. step left forward

5&6 Make $\frac{1}{4}$ left as you bump right left, then sit over right hip.
7&8 Sailor $\frac{1}{4}$ left.

Ball step. Touch. Ball. Side. Sailor step. Step. $\frac{1}{2}$ left. $\frac{1}{2}$ right. (twist)

&1 Step right beside left. Step forward left.

2&3 Touch right toes forward. Step right beside left. Touch left to left side.

4&5 Left sailor step.

6-7-8 Step right forward. Make $\frac{1}{2}$ left (weight left) Make $\frac{1}{2}$ right (weight right)
