

# 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)

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