

No Sacrifice

拍數: 64 牆數: 2 級數: Improver / Intermediate
編舞者: Amanda Bowden (AUS) - January 2013
音樂: Sacrifice - Elton John : (Album: Rocket Man - The Definitive Hits)



This dance is done in TWO directions. Introduction :32 Beats

Side, Drag, Behind-Side-Across, Side, Rock, Behind-Side-Across

1, 2 Step L To The Side, Drag R Towards Left,
3 & 4 Step R Behind Left, Step L To The Side, Step R Across In Front Of Left,
5, 6 Step L To The Side, Side Rock Onto R,
7& 8 Step L Behind Right, Step R To The Side, Step L Across In Front Of Right.

Side, Drag, Hinge Turn, Drag, Rocking Chair

1, 2 Step R To The Side, Drag L Towards Right,
3, 4 Hinge Turn 180deg Left Step L To The Side, Drag R Towards Left,
5, 6 Rocking Chair : Step R Forward, Rock Back Onto L,
7, 8 Step R Back, Rock Forward Onto L.

Forward, Touch, Back, Touch, Back, Drag & Forward, Forward

1, 2 Step R Forward, Touch L Toe Together,
3, 4 Step L Back, Touch R Toe Together,
5, 6 Big Step R Back, Drag L Towards Right,
&7, 8 Step L Together, Step R Forward, Step L Forward.

Forward, Sweep, Across-1/4 Back-1/4 Side, Across, Rock, Side, Drag

1, 2 Step R Forward, Sweep L Toe To The Side,
3 Step L Across In Front Of Right,
& 4 Turn 90deg Left Step R Back, Turn 90deg Left Step L To The Side,
5, 6 Step R Across In Front Of Left, Rock Onto L,
7, 8 Big Step R To The Side, Drag L To Touch Together. ##

Side, Together, Forward, Touch, Side, Together, Back, Touch

1, 2 Step L To The Side, Step R Together,
3, 4 Step L Forward, Touch R Toe Together,
5, 6 Step R To The Side, Step L Together,
7, 8 Step R Back, Drag To Touch L Toe Together.

Forward, 1/4 Sweep, Across, Back, Back, Across, Back, 1/2 Forward

1, 2 Step L Forward, Sweep R Toe To The Side Turning 90deg Left,
3, 4 Step R Across In Front Of Left, Step L Back At 45deg Left,
5, 6 Step R Back At 45deg Right, Step L Across In Front Of Right,
7, 8 Step R Back At 45deg Right, Turn 180deg Left Step L Forward.

Pivot Turn, Forward, Hold, Pivot Turn, Forward, Hold

1, 2 Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,
3, 4 Step R Forward, Hold,
5, 6 Pivot : Step L Forward, Turn 180deg Right Take Weight Onto R,
7, 8 Step L Forward, Hold.

Forward, Together, Back, Together, Across, 3/4 Unwind, Side, Drag

1, 2 Step R Forward, Step L Together,

3, 4 Step R Back, Step L Together,
5, 6 Step R Across In Front Of Left, Turn 270deg Left Unwind Take Weight On L
7, 8 Step R To The Side, Drag L To Touch Together. (**)

[64] Repeat The Dance In New Direction

RESTARTS :On WALL 2 & WALL 5 dance to BEAT 32 (##)& RESTART to BACK & BACK

TAGS :At the END (**) of WALL 3& WALL 6(FRONT) ADD the following tag :

1 – 8 SLOW HIPS LEFT, SLOW HIPS RIGHT, SLOW HIPS LEFT, SLOW HIPS RIGHT.
