

# 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.

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