

Sacrifice

拍数: 32 墙数: 4 级数: Intermediate Cha Cha
编舞者: Annemarie Stumpf (AUT) - March 2021
音乐: Sacrifice - Elton John



Intro: 32 Counts, dance starts with the word "sign"

[1-9] STEP, SIDE, HOLD, CROSS-SIDE-CROSS, SIDE ROCK, TRIPLE BACK

1 Step R forward
2-3 Step L to L side, hold
4&5 Cross R over L, close L to R, cross R over L
6-7 Step L to L side, recover weight onto R
8&1 Step L back, step R close to L, step L back

RESTART after 8&1 in wall 6 (09:00) and wall 14 (12:00):

Replace Counts 2+3 Side-Hold by Back-Side

[10-17] BACK ROCK, TRIPLE TURN (1/2L), SIDE, CROSS, TRIPLE SIDE

2-3 Step R back, recover weight onto L
4&5 1/4 L-Turn step R to R side, close L to R, 1/4 L-Turn step R back - 06:00
6-7 Step L to L side, cross R over L
8&1 Step L to L side, close R to L, step L to L side

[18-25] CROSS OVER BREAK, TRIPLE TURN (1/4R), STEP, TOUCH, SWEEP, SAILOR STEP

2-3 1/4L-Turn, step R forward, - 03:00 - Recover weight onto L and 1/4R-Turn - 06:00
4&5 Step R to R side, close L to R, 1/4R-Turn step R forward - 09:00
6-7 Step L forward, touch R toe forward
8&1 Sweep R back and cross behind L, step L to L side, step R to R side

[26-32] BEHIND, HOLD, SIDE-CROSS-SIDE-CROSS, SIDE ROCK, TRIPLE STEP

2-3 Cross L behind R, hold
&4&5 Step R to R side, cross L over R, step R to R side, cross L over R
6-7 Step R to R side, recover weight onto L
8& Step R forward, step L behind R

Start again!

16.03.2021

Annemarie Stumpf