

No Sacrifice

拍數: 64 牆數: 4 級數: Intermediate
編舞者: F4bulous Four, Jo Kinser (UK), Ivonne Verhagen (NL), Rhoda Lai (CAN) & Heather Barton (SCO) - September 2021
音樂: Sacrifice - Don Henley & Vince Gill



Intro: 32 cts - start on Lyrics. (0:19) (Rhumba Rhumba). Dance rotates 1/4 turn left.

[1-8] SIDE, HOLD, CROSS ROCK, BACK SWEEP, BEHIND SIDE

1-4 RF step right 1), Hold 2), LF rock fwd across LF 3), RF recover 4) (1:30)
5-6 LF step back 5), RF sweep back 6) (1:30)
7-8 RF step behind LF 7), LF step 1/8 turn left 8) (12:00)

[9-16] CROSS SWEEP, CROSS SIDE, BEHIND SWEEP, BEHIND 1/4 TURN L

1,4 RF cross over LF (11:30) 1), LF sweep fwd (12:00) 2), LF cross over RF 3), RF step right 4)
5-8 LF step behind RF 5), RF sweep back 6), RF step behind LF 7), LF step fwd 1/4 turn left (9:00) 8)

[17-24] STEP, 1/2 TURN L - SWEEP, ROCK REC, STEP, 1/2 TURN R - SWEEP, ROCK REC

1-4 RF step fwd 1), 1/2 turn left and sweep LF back (3:00) 2), LF rock back 3), Recover on RF 4)
5-8 LF step fwd 5), 1/2 turn right and sweep RF back (9:00) 6), RF rock back 7), Recover on LF 8)

[25-32] STEP, HOLD, 1/2 TURN L, HOLD, ROCK FWD, BACK, FWD WITH HIP SWAYS, 1/4 TURN L - FIG 4.

1-4 RF step fwd 1), Hold 2), 1/2 turn left - weight RF (3:00) 3), Hold 4)
5-7 Rock Fwd LF 5), Back RF 6), Fwd LF 7) rolling hips fwd, back, fwd on cts 5-7
8 Pivot on LF 1/4 turn left Bringing RF up into Fig.4 (12:00) 8)

[33-40] CROSS, HOLD, HINGE 1/2 TURN R, CROSS, HOLD, ROCK BACK, FWD WITH HIP SWAYS

1-2 RF cross over LF 1), Hold 2)
3-4 1/4 turn right and LF step back (3:00) 3), 1/4 turn right and RF step right (6:00) 4)
5-8 LF cross over RF (7:30) 5), Hold 6), RF rock back 7), Recover on LF 8) on cts 7-8 roll hips back-fwd

Restart Here on Wall 3 (12:00).

[41-48] STEP RIGHT, POINT L, FULL ROLLING TURN L, HOLD, CROSS ROCK, REC

1-2 1/8th turn left and step RF (6:00) 1), LF point left 2) Prep to turn left
3-4 1/4 turn left and LF step fwd (3:00) 3), 1/2 turn left and RF step back (9:00) 4)
5-8 1/4 turn left and LF step left (6:00) 5), Hold 6), RF cross Rock over LF 7), Recover on LF 8)

[49-56] STEP RIGHT, HOLD, CROSS, UNWIND 1/2 TURN R, ROCK BACK, REC, 1/4 TURN L - SWEEP, TOUCH

1-4 RF step right 1), Hold 2), Cross LF over RF 3), Unwind 1/2 turn right (12:00) 4)
5-8 RF rock back 5), Recover on LF 6), Pivot on LF 1/4 turn left and sweep RF fwd (9:00) 7), Touch RF next to LF 8)

Restart Here on Wall 6 (3:00).

[57-64] (REVERSE RHUMBA BOX) SIDE TOGETHER, BACK HOLD, SIDE TOGETHER, FWD HOLD

1-4 RF step right 1), LF step next to RF 2), RF step back 3), Hold 4)
5-8 LF step left 5), RF step next to LF 6), LF step fwd 7), Hold 8)

****2X Restarts on Wall 3 after 40 cts and Wall 6 after 56 cts.**

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