

NO SACRIFICE

SONG: "SACRIFICE" by ELTON JOHN.
ALBUM: "ROCKET MAN – THE DEFINITIVE HITS"
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE RIGHT FOOT.
CHOREOGRAPHER: AMANDA BOWDEN. Melbourne, VIC. AUSTRALIA. January 2013.

| BEATS | STEPS: This dance is done in TWO directions. Introduction : 32 Beats |
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| 1, 2 3 & 4 5, 6 7 & 8 | SIDE, DRAG, BEHIND-SIDE-ACROSS, SIDE, ROCK, BEHIND-SIDE-ACROSS STEP L TO THE SIDE, DRAG R TOWARDS LEFT, STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT. |
| 1, 2 3, 4 5, 6 7, 8 | SIDE, DRAG, HINGE TURN, DRAG, ROCKING CHAIR STEP R TO THE SIDE, DRAG L TOWARDS RIGHT, HINGE TURN 180° LEFT STEP L TO THE SIDE, DRAG R TOWARDS LEFT, ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L. |
| 1, 2 3, 4 5, 6 & 7, 8 | FORWARD, TOUCH, BACK, TOUCH, BACK, DRAG & FORWARD, FORWARD STEP R FORWARD, TOUCH L TOE TOGETHER, STEP L BACK, TOUCH R TOE TOGETHER, BIG STEP R BACK, DRAG L TOWARDS RIGHT, STEP L TOGETHER, STEP R FORWARD, STEP L FORWARD. |
| 1, 2 3 & 4 5, 6 7, 8 ## | FORWARD, SWEEP, ACROSS-1/4 BACK-1/4 SIDE, ACROSS, ROCK, SIDE, DRAG STEP R FORWARD, SWEEP L TOE TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT, TURN 90° LEFT STEP R BACK, TURN 90° LEFT STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT, ROCK ONTO L, BIG STEP R TO THE SIDE, DRAG L TO TOUCH TOGETHER. |
| 1, 2 3, 4 5, 6 7, 8 | SIDE, TOGETHER, FORWARD, TOUCH, SIDE, TOGETHER, BACK, TOUCH STEP L TO THE SIDE, STEP R TOGETHER, STEP L FORWARD, TOUCH R TOE TOGETHER, STEP R TO THE SIDE, STEP L TOGETHER, STEP R BACK, DRAG TO TOUCH L TOE TOGETHER. |
| 1, 2 3, 4 5, 6 7, 8 | FORWARD, 1/4 SWEEP, ACROSS, BACK, BACK, ACROSS, BACK, 1/2 FORWARD STEP L FORWARD, SWEEP R TOE TO THE SIDE TURNING 90° LEFT, STEP R ACROSS IN FRONT OF LEFT, STEP L BACK AT 45° LEFT, STEP R BACK AT 45° RIGHT, STEP L ACROSS IN FRONT OF RIGHT, STEP R BACK AT 45° RIGHT, TURN 180° LEFT STEP L FORWARD. |
| 1, 2 3, 4 5, 6 7, 8 | PIVOT TURN, FORWARD, HOLD, PIVOT TURN, FORWARD, HOLD PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, STEP R FORWARD, HOLD, PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEIGHT ONTO R, STEP L FORWARD, HOLD. |
| 1, 2 3, 4 5, 6 7, 8 ** | FORWARD, TOGETHER, BACK, TOGETHER, ACROSS, 3/4 UNWIND, SIDE, DRAG STEP R FORWARD, STEP L TOGETHER, STEP R BACK, STEP L TOGETHER, STEP R ACROSS IN FRONT OF LEFT, TURN 270° LEFT UNWIND TAKE WEIGHT ON L STEP R TO THE SIDE, DRAG L TO TOUCH TOGETHER. |
| 64 | REPEAT THE DANCE IN NEW DIRECTION |
| 1 – 8 | 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 : SLOW HIPS LEFT, SLOW HIPS RIGHT, SLOW HIPS LEFT, SLOW HIPS RIGHT. |