Sacred Places (排舞聖地) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate/Advanced
Choreographer: Shaz Walton (UK) - 2010年08月
Music: Shorty's Got It Bad - Darren B

第一段 **½ sweep. Back.** Together**.** Hold**. Forward. Step. ¼ . Behind. Side. Side.** Hold. **Behind. ¼**
1/2繞, 後-後-候-踏-1/4, 後-旁-旁-候, 後-1/4

1-2 On right foot make ½ turn left sweeping left foot from front to back. Step back left. 重心在右足左轉180度左足由前繞至後, 左足後踏

&3&4 Step right beside left. **Hold**, Step forward left. Make ¼ left stepping right to right side. 右足併踏, **候**, 左足前踏, 左轉90度右足右踏

5-6& Cross step left behind right. Step right to right side. Step left to left side. 左足於右足後交叉踏, 右足右踏, 左足左踏

7&8 **Hold.** Cross step right behind left. Make ¼ left stepping left to left.
候, 右足於左足後交叉踏, 左轉90度左足左踏

第二段 **¼ Kick. Back. Together.** Hold**. Forward. Forward. Rocking chair. Forward. Twist. Twist. Dip. Hitch.**
1/4踢, 後, 併 候 前 前, 搖椅步-踏, 旋轉 旋轉, 蹲 抬

1-2 Make ¼ left on right kicking left forward. Step back left.
左轉90度左足前踢, 左足後踏

&3&4 Step back right. **Hold**. Step forward left. Step forward right.
右足後踏, **候**, 左足前踏, 右足前踏

5&6 Rock forward left. Recover right. Rock back left.
左足前下沉, 右足回復, 左足後下沉

&7 Recover right. Step forward left 右足回復, 左足前踏

&8 Twist heels left angling body to front. Twist heels to centre straightening up.
旋轉雙足踵轉向左身體弓向前, 旋轉雙足踵轉向右身體轉回站直

&1 Dip both knees (weight left). Hitch right knee.
彎雙膝(重心在左足), 右膝抬

第三段 **Forward Rock. Side Rock. Cross. ¼. Rock. Recover. Heel. Ball. Forward.**
下沉 回復 右下沉 回復 交叉, 1/4, 後下沉 回復 踵 收 前大步

2&3 Rock right forward. Recover on left. Rock right to right side.
右足前下沉, 左足回復, 右足右下沉

&4 Recover on left. Cross step right over left.
左足回復, 右足於左足前交叉踏

5 Make ¼ right stepping back left.
右轉90度左足後踏

6&7 Rock back on right. Recover left. Touch right heel forward,
右足後下沉, 左足回復, 右足踵前點

&8 step right beside left. Step left a large step forward. (Push upper body forward & lean back here)
右足併踏, 左足前一大步(身體以後仰姿勢向前)

第四段 **Bump. Bump. Heel. Step. Bump. Bump. Heel. Step. Side. Rock. Recover. Triple ¾**
推臀, 推臀, 踵 收 推臀 推臀 踵 收, 右大步 後下沉 回復 三步轉3/4

1&2 Step right small step to right bump hips to right. Bump hips to left. Touch right heel forward.
右足略右踏右推臀, 左推臀, 右足踵前點

&3& Step right beside left. Step left small step to left bump hips to left. Bump hips to right.
右足併踏, 左足略左踏左推臀, 右推臀

4& Touch left heel forward. Step left beside right.
左足踵前點, 左足併踏

5-6& Take a large step to right stepping right to right side. Rock back left. Recover right. 右足右一大步, 左足後下沉, 右足回復

7-8& Make ¼ right stepping back left. Make ½ right stepping right forward. Step left to left. 右轉90度左足後踏, 右轉180度右足前踏, 左足左踏

第五段 Touch. Side. Sailor ¼ . Touch. Step. Rock. Recover. Back. Back. ¼. Cross.
點, 側, 1/4轉水手, 點, 踏, 下沉 回復 後, 後 1/4 交叉

1-2 Touch right beside left. Step right to right side.
右足併點, 右足右踏

3&4 Sailor ¼ turn left ending with left forward.
左轉90度水手步最後帶左足前踏

&5 Touch right beside left. Step right forward. 右足併點, 右足前踏

6&7 Rock forward left. Recover on right. Step back left.
左足前下沉, 右足回復, 左足後踏

8&1 Step back right. Make ¼ left stepping left to left side. Cross step right over left. 右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏

第六段 ¼ Point. Hold. Ball Step. Forward. ½ Right. Touch. ½ Right.
1/4點, 候, 併-踏, 踏 轉, 點 轉

2-3 Make ¼ left touching left toe forward. Hold.
左轉90度左足趾前點, 候

&4 Step left beside right. Step right forward.
左足併踏, 右足前踏

5-6 Step left forward. Make ½ turn right. (weight left)
左足前踏, 右轉180度(重心在左足)

7-8 Touch right backwards. Make ½ right. (weight right)
右足後點, 右轉180度(重心在右足)

第七段 Run. Run. Back Drag. Ball Step. ¼ Bump. Bump. Sit. ¼ Sailor.
跑, 跑, 後 拖 併-踏, 1/4推臀, 推臀, 坐姿, 1/4水手

&1-3 Run back left. Run back right. Step back left. Drag right heel to right 左足後跑, 右足後跑, 左足後踏, 右足踵拖併

&4 Step right beside left. step left forward
右足併踏, 左足前踏

5&6 Make ¼ left as you bump right left, then sit over right hip.
左轉90度右推臀, 左推臀, 右推臀呈坐姿

7&8 Sailor ¼ left. 左轉90度水手步

第八段 Ball Step. Touch. Ball. Side. Sailor Step. Step. ½ Left. ½ Right. (Twist)
併 踏, 前點 收 左點, 水手步, 踏 左轉 右轉

&1 Step right beside left. Step forward left.
右足併踏, 左足前踏

2&3 Touch right toes forward. Step right beside left. Touch left to left side. 右足趾前點, 右足併踏, 左足左點

4&5 Left sailor step. 左水手步

6-8 Step right forward. Make ½ left (weight left) Make ½ right (weight right) 右足前踏, 左轉180度(重心在左足), 右轉180度(重心在右足)