

No Sacrifice At All

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Music: STAR -527CD "Sacrifice" 25 Top Rumbas Dance & Listen DLD 1089 Track 6
Phase: IV+2 [Open Hip Twist & Tornillo Wheel]
Released: September 2011 [8th Spring Festival Victoria, Australia] **Speed:** As Per CD
Footwork: Opposite unless Woman's footwork and/or position is shown in parentheses
Rhythm: Rumba **Time:** 2.33
Sequence: Intro A B C D C[1-15] End

INTRODUCTION

- 1-4 **WAIT 2 MEAS;; HALF BASIC; FAN;**
1-2 In B'Fly Facing The Wall Wait 2 Measures;;
3 Fwd L, rec R, Sd L,-;
4 Bk R, rec L, Sd R,-; (*W fwd L, sd & bk R trng LF, bk L leaving the right extended fwd with no weight,-;*)

PART A

- 1-4 **START A HOCKEY STICK; [Check It] CUCARAHA TWICE;; FINISH THE HOCKEY STICK;**
1 Fwd L, rec R, cl L,-; (*W cl R, fwd L, fwd R,-;*)
2-3 Sd R, rec L, cl R,-; Sd L, rec R, cl L,-;
4 Bk R, rec L, fwd R trng RF following the Woman,-; (*fwd L, fwd R trng LF to fc ptr, sd & Bk L,-;*)
- 5-8 **ALEMANA;; AIDA; SWITCH CROSS;**
5-6 Fwd L, rec R, cl L ld W to trn RF,-; Bk R, rec L, sd R to B'Fly,-; (*W bk R, rec L, fwd R comm. RF trn,-; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L to B'Fly,-;*)
7 Thru L, sd R comm. LF trn, bk L cont LF fcg LOD,-; (*W thru R, sd L comm. RF trn, bk R cont RF trn,-;*)
8 Trng RF to fc ptr sd R checking bringing jnd hnds thru, rec L, XRIFL,-; (*W trng LF to fc ptr sd L checking bringing jnd hnds thru, rec R, XLIFR,-;*)
- 9-12 **SIDE WALKS;; FORWARD BASIC; WHIP;**
9-10 In B'Fly sd L, cl R, sd L,-; cl R, sd L, cl R,-;
11 Fwd L, rec R, bk L,-;
12 Bk R comm. ¼ LF trn, rec fwd L trng ¼ to complete trn, sd R,-; (*W Fwd L outside man on his left side, fwd R comm. LF trn, sd L,-;*)
- 13-16 **SPOT TURN TWICE;; FORWARD BASIC; WHIP;**
13-14 Cross L in front comm. ¼ trn on crossing foot, rec R complete trn to face partner, step side L,-;
Cross R in front comm. ¼ trn on crossing foot, rec L complete trn to face partner, step side R,-;
15 Fwd L, rec R, bk L,-;
16 Bk R comm. ¼ LF trn, rec fwd L trng ¼ to complete trn, sd R,-; (*W Fwd L outside man on his left side, fwd R comm. LF trn, sd L,-;*)

Part B & C over.....

PART B

- 1-4** TIME STEPS TWICE;; [To A Hand Shake] FLIRT TO A FAN;;
1-2 Cross L behind R, rec R, sd L,-; Cross R behind L, rec L, sd R,-; [To A Hand Shake]
3-4 Fwd L, rec R, sd L,-; (*Bk R, rec L, fwd R swvl a 1/2 LF to Varsouvienne pos,-;*) Bk R, rec L, sd R,-;
(*W bk L, rec R swivel a 1/4 RF, bk left leaving the right extended fwd with no weight,-;*)
- 5-8** HOCKEY STICK;; SHOULDER TO SHOULDER TWICE;;
5-6 Fwd L, rec R, cl L,-; Bk R, rec L, fwd R trng RF following the Woman,-;
(*W cl R, fwd L, fwd R,-; fwd L, fwd R trng LF to fc ptr, Sd & Bk L,-;*)
7-8 In B'Fly fwd L to SCAR pos, rec R to fc, sd L,-; Fwd R to BJO pos, rec L to fc, sd R,-;

PART C

- 1-4** OPEN HIP TWIST; FAN; ALEMANA;; [Overturned For Lady]
1 Chck fwd L, rec R, cl L,-; (*W Bk R, rec L, fwd R toward man with tention in right arm which causes woman to swivel 1/4 RF on R on count of "and",-;*)
2 Bk R, rec L, sd R,-; (*W fwd L, sd & bk R trng LF, bk L leaving the right extended fwd with no weight,-;*)
3-4 Fwd L, rec R, cl L ld W to trn RF,-; Bk R, rec L, sd R,-; (*W cl R, fwd L, fwd R comm. RF swvl to fc ptr,-; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L to fc wall,-;*) [**Overturned For Lady**]
- 5-8** CUCARACHAS TWICE;; BASIC;; [Lady Turn To Face]
5-6 Sd L, rec R, cl L,-; Sd R, rec L, cl R,-;
7-8 Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-; (*W fwd R, rec L trn LF 1/2, sd R,-; fwd L, rec R, sd L,-;*)
- 9-12** FENCELINE; THROUGH SERPIENTE;; FENCELINE;
9 In B'Fly Cross lunge thru L with soft knee action looking in the direction of the lunge, rec R trng to fc ptr, step sd L,-;
10-11 Thru R, sd L, bhnd R, fan L counter clockwise; bhnd L, sd R, thru L, fan R counter clockwise;
12 In B'Fly Cross lunge thru R with soft knee action looking in the direction of the lunge, rec L trng to fc ptr, step sd R,-;
- 13-16** NEW YORKER TWICE;; FENCELINE TWICE;;
13-14 Step thru L, rec R to fc ptr, sd L,-; Step thru R, rec L to fc ptr, sd R,-;
15-16 In B'Fly Cross lunge thru L with soft knee action looking in the direction of the lunge, rec R trng to fc ptr, step sd L,-; In B'Fly Cross lunge thru R with soft knee action looking in the direction of the lunge, rec L trng to fc ptr, step sd R,-;

Second Time Through Part C Just 1 x Fenceline; Only For The ending.

Part D over.....

PART D

1-4 OPEN BREAK; TORNILLO WHEEL;; CUCARACHA;

1 Bk L to LOP fcg pos while extending free arm up and palm out, rec R, sd & fwd L blend to BJO fcg DRW,-;

2-3 Curving fwd R, fwd L, fwd R,-; Curving fwd L, fwd R, cl L,-; (*W bring left foot to right knee looking well to the left and staying on the R toe throughout the 2 measure figure,-;*)

4 Sd R, rec L, cl R,-;

5-8 CHASE WITH PEEK 'O' BOO;;; [Joining Lead Hands]

5-8 fwd L rel hnds & trng ½ RF, rec R, cl L,-; (*W bk R, rec fwd L, cl R,-;*)

sd R look over L shldr, rec L, cl R,-; sd L look over R shldr, rec R, cl L,-;

fwd R trng ½ LF, rec L, cl R,-; (*W fwd L trng ½ RF, rec R, cl L,-;*)

PART C [1-15] [To 1 x FENCELINE;]

END

1 THROUGH TO AN AIDA & HOLD:;

1 Thru R, sd L comm. RF trn, bk R cont RF trn,-; (*W Thru L, sd R comm. LF trn, bk L cont LF trn,-;*)