Saved in San Francisco



拍數: 32 牆數: 4 級數: Improver

編舞者: Melanie McIntire (USA) - October 2021

音樂: Save Me, San Francisco - Train



16 Count Intro

[1-8] SIDE STEP, ¾ SPIRAL TURN, SHUFFLE FORWARD, ¼ TURN W/ PRESS, ¾ SPIRAL TURN, SHUFFLE FORWARD

1	Step	R	to	R	side

2 Spiral turn ¾ L (keep weight on R, turn over L shoulder to face 3 o'clock, letting L leg hook in

front of R calf)

3&4 Shuffle forward LRL (step L forward, step R together, step L forward)

5 Turn ¼ left, pressing R to R side [12]

6 Spiral turn ³/₄ R (recover weight to L, turn over R shoulder to face 9 o'clock, letting R leg hook

in front of L calf)

7&8 Shuffle forward RLR (step R forward, step L together, step R forward)

[9-16] ¼ TURN W/ POINT & POINT & ½ MONTEREY, SHUFFLE TURN ¼, ½ FRONT FACING SCISSOR TURN

1&2 Turn ¼ R, pointing L out to L side, bring L together and point R out to R side	e [12]
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83,4 Bring R together, point L out to L side and turn ½ over L shoulder, sweeping L and bringing it

together with R, shifting weight to L [6]

5&6 Shuffle RLR to R side, turning ¼ to the R (step R to R side as you turn ½, bring L together as

you turn 1/8, step R forward) [9]

7&8 Step forward on ball of L foot, turning ½ over R shoulder, step together with ball of R foot,

turning another 1/8 R, step L forward [3]

[17-24] STEP, TURN W/ KICK, COASTER STEP, TURN 1/8, HITCH, SHUFFLE FORWARD

1 Step forward R

2 ½ turn L, kicking L forward [9]

3&4 Step L back, bring R together, step L forward

5 Step R diagonally R [10:30]

6 Drag L forward to R, hitching R (bring R knee up across L shin)

7&8 Shuffle forward RLR (step R forward, step L together, step R forward)

[25-32] 1/8 TURN, 1/4 TURN, FULL TURN, STEP, TOUCH, STEP, TOUCH

1	Step back on L, turning 1/8 R [12]
2	Step back on R, turning 1/4 R [3]
3&4	Full turn LRL, traveling forward

Step R diagonally R
Touch L next to R
Step L diagonally L
Touch R next to L

RESTARTS:

- Restart after first 4 counts of walls 3 and 8
- Restart after first 16 counts of wall 5
- Restart after first 12 counts of wall 12 with optional styling. Pause at 2:45 ("I've been STOP"), stamp R for count 1 instead of step, leaving weight on L to continue dancing with R press on count 5 ("I've been GO")

RECOMMENDED FLAIR:

- Pop R knee at end of Monterey turn [count 16]

- Disco hands at lyrics "I've been rock n' roll and DISCO" [counts 21-22]- Swivels instead of touches [counts 30 & 32]