

Father Figure Cha

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced Cha
編舞者: Merete Sevel (DK) - February 2008
音樂: Father Figure - George Michael : (Album: Faith)



Start 32 counts after heavy beat kicks in – on vocals. Approx 38 secs from start of music.

Step back, 1/2 turn L, Spiral full turn L, Lock step fw, Rock, Lock step back

1 Step R back diagonally to Right (4.30)
2 Turn 1/2 L step fw on L (6.00)
3 Step fw on R making a full spiral turn Left
4&5 Lock step fw L-R-L
6 Rock fw on R
7 Recover on L
8&1 Lock step back R-L-R

Make 1/4 turn L, Step L, Lock step fw, Rock, Hitch 1/2 turn L, Lock step fw

2 Make 1/4 turn Left on your R while hitching L into a figure 4 in front of R (make it sharp) (3.00)
3 Step fw on L
4&5 Lock step fw R-L-R
6 Rock fw on L
7 Recover on R
& Hitch L making 1/2 turn Left (9.00)
8&1 Lock step fw L-R -L

Hold, Ball step, Rock, 1/2 turn R, Rock, 1/4 turn L, Rock, 1/2 turn R

2 Hold
&3 Ball step fw R-L
4&5 Rock fw on R, recover on L, turn 1/2 Right step fw on R (3.00)
6&7 Rock fw on L, recover on R, turn 1/4 Left step fw on L (12.00)
8&1 Rock fw on R, recover on L, turn 1/2 Right step fw on R (6.00)

Hold, Ball step, Pelvic Contractions, Bend Knees, Hitch, Lock step fw

2 Hold
&3 Ball step fw L-R
&4&5 Pelvic contraction (&), Bend knees, Buttocks out (4), Pelvic contraction (&) Straighten up push chest fw (5)
&6&7 Repeat &4&5 *** See below
& Hitch L
8&1 Lock step fw L-R-L

Kick, 1/4 turn L, kick, Cross shuffle, Hitch, Point, Hitch, Point, Hitch, Cross shuffle

2 Kick R fw
3 Turn 1/4 Left on L while kicking R at Right diagonal (3.00)
4&5 Cross shuffle
&6&7& Hitch L across R, Point L to Left, Hitch L across R, Point L to Left, Hitch L across R
8&1 Cross shuffle

Unwind, Chassé R, Chassé L, Chassé R

2-3 Unwind slowly full turn Right (weight on L)
4&5 Chassé to the Right diagonal (4.30)

6&7 Chassé to the Left diagonal (1.30)
8&1 Chassé to the Right diagonal (4.30)

Swivels, Triple full turn L, 2xLock step fw with prep

2 Swivel to the Left (weight on L) (1.30)
3 Swivel to the Right (weight on R) (4.30)
4&5 Triple turn to the Left turning a little more than one full turn (1 3/8!) Left (12.00)
6&7&8 Lock steps fw R-L-R-L-R, prep on last step

Make 3/4 turn R, Point, Hold, Ball point, Hold, Ball point, Hold, Cross rock, Side, Cross Rock

&1 3/4 turn Right (with L in figure 4 behind R calf), Point L to the Left (9.00)
2 Hold
&a3 Ball point (Step down on L(&), Step R next to L (a), Point L to the Left (3))
4 Hold
&a5 Repeat "&a3"
6 Hold
&7 Cross rock L over R, recover on R
& Step L to the Left
8& Cross rock R over L, recover on L

Finish: The music slows down at the end of the song. Just slow down with it and end the dance: Lock step fw 8&1 (Step 1 from start of section 5), cross R over L and unwind slowly....

***** Optional: In section 4 counts &4&5&6&7 you can wiggle shoulders instead of the pelvic contractions:**

&4&5 R shoulder up/L shoulder down and reverse (&4) and repeat (&5)

At the same time bend knees on 4, Straighten up on 5

&6&7 Repeat &4&5

Feel the passion and put it into your hips!

(29/1/08)
