

San Francisco

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kath Dickens (UK) - November 2009
音樂: San Francisco - Brødrene Olsen : (Album: Wings Of Love)



Intro : 16 Counts from the first heavy beat after he sings "San Francisco...."

(1 – 8) Step, Hitch, Coaster Step, Step 1/2 Pivot, Shuffle 1/2 Turn

1 - 2 Step forward on Right, hitch Left knee up,
3 & 4 Step back on Left, step Right together, step forward on Left,
5 - 6 Step forward on Right, make 1/2 turn to Left taking weight onto Left, (6-00)
7 - 8 Shuffle 1/2 turn to the Left stepping Right, Left, Right, (12-00)

(9 – 16) Shuffle 1/2 Turn, Step, Scuff, Jazz Box 1/4 Turn, Cross

1 & 2 Shuffle 1/2 Turn to the Left stepping Left, Right, Left, (6-00)
3 - 4 Step forward on Right, scuff Left foot forward,
5 - 6 Cross Left foot over Right, make 1/4 turn Left stepping back on Right, (3-00)
7 - 8 Step side Left, cross Right over Left,

(17 – 24) Chasse' Left, Rock Back, Recover, Weave x 4

1 & 2 Step side Left, Right together, step Left to side,
3 - 4 Rock back on Right, recover weight forward onto Left,
5 - 8 Step Right to side, Left behind, Right to side, Left in front,

(25 – 32) Chasse' Right, Rock Back, Recover, 1/2 Turn Right, Walk x 2

1 & 2 Step side Right, Left together, side Right,
3 - 4 Rock back on Left, recover weight forward onto Right,
5 - 6 Make 1/4 turn Right stepping back on Left, make 1/4 turn Right stepping Right next to Left, (9-00)
7 - 8 Walk forward on Left, Right,

(33 – 40) Shuffle Forward, Side Rock, Recover x 2

1 & 2 Shuffle forward stepping Left, Right, Left,
3 - 4 Rock out to side on Right, recover weight onto Left,
5 & 6 Shuffle forward stepping Right, Left, Right,
7 - 8 Rock out to side on Left, recover weight onto Right,

(41 – 48) (Traveling Back) Sailors x 2, Behind, unwind 1/2 Turn Left, 1/4 Pivot

1 & 2 Step Left behind Right, step side Right, step Left to side,
3 & 4 Step Right behind, step side Left, step Right to side,
5 - 6 Touch Left behind Right, unwind 1/2 turn Left taking weight onto Left, (3-00)
7 - 8 Step forward on Right, make 1/4 turn Left taking weight onto Left, (12-00)

(49 – 56) (Traveling Forward) Cross, Sweep, Cross, Sweep, Cross, Side, Sailor 1/4 Turn

1 - 2 Cross Right over Left, sweep Left out to side and round to Front,
3 - 4 Cross Left over Right, sweep Right out to side and round to Front,
5 - 6 Cross Right over Left, side Left,
7 & 8 Step Right behind Left, make 1/4 turn Right stepping side Left, step Right forward, (3-00)

(57 – 64) Shuffle Forward, Full Turn Left, Rocking Chair (With Hips)

1 & 2 Shuffle Forward stepping Left, Right, Left,
3 - 4 Make 1/2 turn Left stepping back on Right, make another 1/2 turn stepping forward on Left (3-00)

5 - 6 Rock forward on Right pushing Right hip forward, recover weight back onto Left,
7 - 8 Rock back on Right pushing Right hip back, recover weight back onto Left,

4 Count Tag :

Just repeat the last 4 Counts of the dance again EASY....!!

This is done at the end of the 3rd wall (facing 9-00)

Repeated the tag again on the 5th wall after count 48 (facing 12-00)

Then restart the dance from the beginning.

To Finish Facing Front :

On the 7th Wall counts 63-64 touch Right behind the Left and unwind 1/2 turn to Right.

Enjoy.....

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