

Saved in San Francisco

COPPER KNOB
STEPSHEETS

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, $\frac{3}{4}$ SPIRAL TURN, SHUFFLE FORWARD, $\frac{1}{4}$ TURN W/ PRESS, $\frac{3}{4}$ SPIRAL TURN, SHUFFLE FORWARD

- 1 Step R to R side
- 2 Spiral turn $\frac{3}{4}$ 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 $\frac{1}{4}$ left, pressing R to R side [12]
- 6 Spiral turn $\frac{3}{4}$ 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] $\frac{1}{4}$ TURN W/ POINT & POINT & $\frac{1}{2}$ MONTEREY, SHUFFLE TURN $\frac{1}{4}$, $\frac{1}{2}$ FRONT FACING SCISSOR TURN

- 1&2 Turn $\frac{1}{4}$ R, pointing L out to L side, bring L together and point R out to R side [12]
- &3,4 Bring R together, point L out to L side and turn $\frac{1}{2}$ over L shoulder, sweeping L and bringing it together with R, shifting weight to L [6]
- 5&6 Shuffle RLR to R side, turning $\frac{1}{4}$ to the R (step R to R side as you turn $\frac{1}{8}$, bring L together as you turn $\frac{1}{8}$, step R forward) [9]
- 7&8 Step forward on ball of L foot, turning $\frac{1}{8}$ over R shoulder, step together with ball of R foot, turning another $\frac{1}{8}$ R, step L forward [3]

[17-24] STEP, TURN W/ KICK, COASTER STEP, TURN $\frac{1}{8}$, HITCH, SHUFFLE FORWARD

- 1 Step forward R
- 2 $\frac{1}{2}$ 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] $\frac{1}{8}$ TURN, $\frac{1}{4}$ TURN, FULL TURN, STEP, TOUCH, STEP, TOUCH

- 1 Step back on L, turning $\frac{1}{8}$ R [12]
- 2 Step back on R, turning $\frac{1}{4}$ R [3]
- 3&4 Full turn LRL, traveling forward
- 5 Step R diagonally R
- 6 Touch L next to R
- 7 Step L diagonally L
- 8 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]
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