

THE ESS EFF DANCE

4-wall line dance

Music: "Save me San Francisco" – Train

Choreographed by Michael Metzger – metzgersf@yahoo.com

Touch, Touch, Heel, Toe, Stomp, Hip Bump, Hip Bump

- 1&2& Touch Right to the right, Step Right together, Touch Left to left, Step Left together
3, 4 Touch Right heel forward, Touch Right toe back
5, 6 Stamp Right forward, hold (optional clap)
&7&8 Bump hips to right, bump hips to left, bump hips to right, bump hips to left

Shuffle Right, Rock, Recover, Shuffle Left, $\frac{3}{4}$ Turn

- 9&10 Shuffle to the right, Right foot, Left foot, Right foot
11, 12 Cross Left foot over Right, Recover to Right foot
13&14 Shuffle to the left, Left foot, Right foot, Left foot with $\frac{1}{4}$ turn to the left
15, 16 Step Right foot forward, Pivot $\frac{1}{2}$ over left shoulder and shift weight to left foot

Wizard Step x3, Wizard Step with $\frac{1}{4}$ Turn

- 17, 18& Step R forward, Cross L behind R, Step R forward
19, 20& Step L forward, Cross R behind L, Step L forward
21, 22& Step R forward, Cross L behind R, Step R forward
23, 24& Step L forward with $\frac{1}{4}$ turn to the right, Rock back on R, Recover forward on L

Rock, Recover, Rock, Recover, $\frac{3}{4}$ Turn, Rock, Recover

- 25, 26 Rock forward on Right, Recover back on Left
27, 28 Rock back on Right, Recover forward on Left
29, 30 Step forward on Right, pivot $\frac{3}{4}$ to the left and shift weight to Left
31, 32 Rock forward on Right, Recover back on Left

Sailor Step, Sailor Step, Heel, Heel, Heel, Turn

- 33&34 Cross Right behind Left, Step Left together, Step Right to right
35&36 Cross Left behind Right, Step Right together, Step Left to left
37& Touch Right heel forward, Step Right foot together
38& Touch Left heel forward, Step Left foot together
39, 40 Touch Right heel forward, Turn $\frac{1}{4}$ to left (keep weight on left)

Heel, Heel, Heel, Turn, Jazz Square

- 41& Touch Right heel forward, Step Right foot together
42& Touch Left heel forward, Step Left foot together
43, 44 Touch Right heel forward, Turn $\frac{1}{4}$ to left (keep weight on left)
45, 46 Cross Right over Left, Step Left to left
47, 48 Step Right back, Cross Left over Right