

I LEFT MY HEART

Choreographers: Takao & Setsuko Ito 4-2-43 Honcho Odawara-shi Kanagawa
250-0012 Japan Email: sp7n43y9@dune.ocn.ne.jp

Music : "I Left My Heart In San Francisco"
Download Amazon The Columbia Ballroom Orchestra;
Album: Let's Dance, Vol. 3 track 11 Time 2:00

Rhythm : Foxtrot ph III+1(Chair & Slip) Speed : As On Music

Footwork : Opposite, directions for man(lady as noted)

Sequence : Intro - A - B - A - Ending Date : February 2020 Ver. 1.0



Meas INTRO

1~ 4 **Bfly/Wall Lead foot free for both Wait 2 meas;;**
Twirl Vine 3 SCP; Chair & Slip(CP/LOD);

- 1- 2 Bfly left foot free for both wait 2 meas;;
- 3 (Twirl Vine 3) Sd L lead W RF trn, -, XRIB of L, sd L(W fwd R twd LOD commence RF trn under lead hand, -, sd L cont RF trn, cont trn fc COH sd R) SCP/LOD;
- 4 (Chair & Slip) Ck thru R with lunge action, -, rec L, slight LF upper body trn slip bk R(W ck thru L with lunge action, -, rec R, swivel LF on R and stp fwd L) CP/LOD;

Meas PART A

1~ 8 **Fwd Run 2; Fwd Run 2; 2 L Trns;(CP/Wall); Twisty Vine 3; Manuv;**
Spin Trn; Box Bk(CP/LOD);

- 1 (Fwd Run 2) Fwd L, -, fwd R, L;
- 2 (Fwd Run 2) Fwd R, -, fwd L, R;
- 3- 4 (2 L Trns) Fwd L commence LF trn, -, sd R cont LF trn, cl L to R; bk R commence LF trn, -, sd L cont trn, cl R to L CP fc Wall;
- 5 (Twisty Vine 3) Sd L, -, XRIB of L, sd L(W sd R, -, XLIF of R, sd R) to Bjo/DW;
- 6 (Manuv) Fwd R(W bk L) commence RF trn, -, cont RF trn sd L, cl R CP/RL0D;
- 7 (Spin Trn) Bk L pivot 1/2 RF, -, fwd R between W's feet heel to toe cont RF trn fc DW, sd & bk L(W fwd R between M's feet heel to toe pivot 1/2 RF, -, bk L cont RF trn brush R to L, sd & fwd R);
- 8 (Box Bk) Bk R slightly LF trn, -, sd L, cl R CP/LOD;

9~16 **L Trning Box;;; 1 LF Trn; Bk Run 2; Impetus to SCP;**
Thru Fc Cl(CP/Wall);

- 9-12 (L Trning Box) Fwd L commence LF trn, -, sd R, cl L fc COH; Bk R cont LF trn, -, sd L, cl R fc RL0D; Fwd L cont LF trn, -, sd R, cl L fc Wall; Bk R cont LF trn, -, sd L, cl R CP/LOD;
- 13 (1 L Trn) Fwd L commence LF trn, -, sd R cont LF trn, cl L fc RDC;
- 14 (Bk Run 2) Bk R, -, bk L, bk R;
- 15 (Impetus to SCP) Bk L commence RF trn, -, cl R cont RF trn(heel trn), SCP/LOD fwd L(W fwd R heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn around man brush R to L, fwd R);
- 16 (Thru Fc Cl) Thru R, -, sd L fc partner, cl R CP/Wall;

Meas PART B

1~ 8 **Hover SCP; Thru Sd XIB; Roll 3; Thru Fc Cl(CP/Wall); Box;;**
Twirl Vine 3; Pick-up to(Scar/DW);

- 1 (Hover SCP) Fwd L, -, sd R straight up, sd & fwd L to SCP/LOD;
- 2 Thru R, -, sd L fc partner and wall, XRIB of L;
- 3 (Roll 3) Sd & fwd L twd LOD commence LF trn, -, cont LF trn sd R, cont trn sd L;
- 4 (Thru Fc Cl) Thru R, -, sd L fc partner, cl R CP/Wall;
- 5- 6 (Box) Fwd L, -, sd R, cl L to R; Bk R, -, sd L, cl R to L;
- 7 (Twirl Vine 3) Sd L lead W RF trn, -, XRIB of L, sd L(W fwd R twd LOD commence RF trn under lead hand, -, sd L cont RF trn, cont trn fc COH sd R) SCP/LOD;
- 8 (Pick-up to Scar) Fwd R lead W pickup, -, sd L, cl R(W fwd L front of man commence LF trn, -, cont LF trn sd R, cl L) Scar/DW;

**9~16 X Hover Bjo; X Hover Scar; X Hover SCP; Thru Fc Cl; Whisk;
Thru Fc Cl; Twirl Vine 3 SCP; Chair & Slip(CP/LOD);**

- 9 (Cross Hover Bjo) XLIF of R commence LF trn, -, sd R cont LF trn, cont trn rec L Bjo/DC;
- 10 (Cross Hover Scar) XRIF of L commence RF trn, -, sd L cont RF trn, cont trn rec R Scar/DW;
- 11 (Cross Hover SCP) XLIF of R, -, sd R lead W RF trn, sd & fwd L SCP/LOD;
- 12 (Thru Fc Cl) Thru R, -, sd L fc partner, cl R CP/Wall;
- 13 (Whisk) Fwd L, -, sd R, XLIB of R SCP/LOD;
- 14 (Thru Fc Cl) Thru R, -, sd L fc partner, cl R CP/Wall;
- 15-16 Repeat meas 3-4 of Introduction;;;

Meas

ENDING

1~ 2 Twirl Vine 3 SCP; Chair & Hold;

- 1 (Twirl Vine 3) Sd L lead W RF trn, -, XRIB of L, sd L(W fwd R twd LOD commence RF trn under lead hand, -, sd L cont RF trn, cont trn fc COH sd R) SCP/LOD;
- S-- 2 (Chair & Hold) Ck thru R with lunge action, -, hold, -;