

# Be Safe And Sound

Count: 48

Wand: 4

Ebene: Phrased Improver

Choreograf/in: Roly Ansano (USA) - September 2013

Musik: Safe and Sound - Capital Cities



Intro: 32 counts - Seq: AAA-AB-ABB-AAAAA-BBBB-AA

## Part A (32)

### [1-8] FORWARD STEPS, HEEL-AND-STEP, HEEL-AND-STEP, ROCK STEP

- 1-2 Step R forward, step L forward
- 3&4 Touch R heel forward, step R together, step L forward
- 5&6 Touch R heel forward, step R together, step L forward
- 7-8 Rock R forward, recover to L

### [9-16] BACK STEPS, COASTER STEP, STEP-TURN, CROSS-SHUFFLE

- 1-2 Step R back, step L back
- 3&4 Cross R behind L, step L together, step R forward
- 5-6 Step L forward, pivot 1/4 right
- 7&8 Cross L over, step R to side, cross L over

### [17-24] SIDE-CLOSE, SHUFFLE, SIDE-CLOSE, SHUFFLE

- 1-2 Step R to side, step L together
- 3&4 Shuffle back on R,L,R
- 5-6 Step L to side, step R together
- 7&8 Shuffle forward on L,R,L

### [25-32] STYLIZED STEP-TOUCH STEPS, FORWARD SHUFFLE

- 1-2 Step R forward, bending knees; touch L to side & unbend
- 3-4 Step L back, bending knees; touch R to side & unbend
- 5-6 Step R back, bending knees; touch L to side & unbend
- 7&8 Shuffle forward on L,R,L

## Part B (16)

### [1-8] ROCK STEP, 1/4 RIGHT CHASSE, OUT-OUT STEPS

- 1-2 Rock R forward, recover to L
- 3&4 Turn 1/4 right and chasse to side on R,L,R
- 5-6 Step L out to side, step R out to side
- 7-8 Step L out to side, step R out to side

### [9-16] ROCK STEP, SHUFFLE, BACK-UNWIND, OUT-OUT

- 1-2 Rock L forward, recover to R
- 3&4 Shuffle back on L,R,L
- 5-6 Cross R behind L, unwind 1/4 right (weight to L)
- 7-8 Step R out to side, step L out to side

STYLING; At each OUT-OUT step, throw corresponding arm out-out

Contact: [rolando.ansano@gmail.com](mailto:rolando.ansano@gmail.com)