

Dance'N'sound

Count: 32

Wall: 4

Level: Improver

Choreographer: Annesofie Andersen (SWE) - October 2013

Music: Safe and Sound - Capital Cities



Start: 32 counts intro

Section 1: □ Side rock R, Side rock L, Sailor L, Sailor ¼ turn R

- 1-2 Rock R to right side(1), Recover on L(2)
- &3-4 Step R next to L(&), Rock L to left side(3), Recover on R(4)
- 5&6 Step L behind R(5), Step R to right side(&), Step L to left side(6)
- 7&8 Step R behind L(7), Step L to left side while making a ¼ turn R(&), Step R to right side(8)

Section 2: □ Walk fwd LR, Shuffle L, step ½ turn L, shuffle ½ turn L

- 1-2 Step L fwd(1), Step R fwd(2)
- 3&4 Step L fwd(3), Step R next to L(&), Step L fwd(4)
- 5-6 Step Right fwd(5), Turn half L(6)
- 7&8 Step R fwd (7), Step L next to R while making a ¼ turn L (&), Step R back while making a ¼ turn L(8)

Section 3: □ Walk back LR, Sailor ¼ turn L, Cross rock R, Cross rock L

- 1-2 Step L back(1), Step R back(2)
- 3&4 Step L behind R while making a ¼ turn L(3), Step R to right side (&), Step L to left side(4)
- 5&6 Rock R across L(5), Recover on L(&), Step R next to L(6)
- 7&8 Rock L across R(7), Recover on R(&), Step L next to R(8)

Section 4: □ Heel switches RL, back rock R, kickball, paddle ¼ turn L

- 1&2 Point R heel fwd(1), Step R next to L(&), Point L heel fwd(2)
- &3-4 Step L next to R(&), Rock back on R(3), Recover on L(4)
- 5&6 Kick R fwd(5), Step R next to L(&), Step L fwd(6)
- 7-8 Step R fwd(7), Recover on L while making a ¼ turn L(8)

Enjoy! - No Tag Or Restarts

Contact: Fie.87@live.dk