

# EZ Safety Dance

**Compte:** 48

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Heidi Cronjé (SA) - December 2020

**Musique:** The Safety Dance (Short Version) - Men Without Hats

ou: The Safety Dance (Extended Dance Version) - Men Without Hats



**Intro: 16 counts (short version music)**

**Intro: 32 counts (long version music)**

**Short version music: There is one easy restart.**

**Long version music: Two restarts**

**For both versions you may omit the restarts for absolute beginners. You can even omit the ¼ R turn when doing the Jazz Box thus it will then be a 1 wall, absolute beginner dance**

## **SECTION 1: R TOE FAN X 2, L HEEL TWIST X 2**

1-2 Swivel R toes out, Swivel R toes in

3-4 Swivel R toes out, Swivel R toes in

5-6 Twist both heels L, Twist both heels back to the centre

7-8 Twist both heels L, Twist both heels back to the centre

**If using the long version music**

**Restart: During wall 3, facing 06:00**

## **SECTION 2: FWD, TOUCH, BACK, TOUCH (REPEAT)**

1-2 Step R fwd, Touch L toes fwd

3-4 Step L back, Touch R toes back

5-6 Step R fwd, Touch L toes fwd

7-8 Step L back, Touch R toes back

**If using the long version music**

**Restart: During wall 8, facing 06:00**

## **SECTION 3: HITCH, TOUCH, SHOULDER LIFTS X 2, ¼ R JAZZ BOX**

1-2 Hitch R knee, Touch R toes next to L (keep weight on L)

3-4 Lift both shoulders up and down twice

**Alternative option: Replace shoulder lifts with bouncing R heel up and down twice**

5-6 Cross R over L, Step L back

7-8 Turn ¼ R and step R side, Step L next to R (for absolute beginners omit the ¼ R turn)

## **SECTION 4: R SWIVELS (HEEL, TOE, HEEL), HOLD, L SWIVELS (HEEL, TOE, HEEL), HOLD**

1-2 Swivel both heels to R, Swivel both toes to R

3-4 Swivel both heels to R, Hold and clap hands

5-6 Swivel both heels to L, Swivel both toes to L

7-8 Swivel both heels to L, Hold and clap hands

## **SECTION 5: DIAGONAL FWD, STOMP X 4**

1-2 Step R fwd to R diagonal, Stomp L next to R

3-4 Step L fwd to L diagonal, Stomp R next to L

5-6 Step R fwd to R diagonal, Stomp L next to R

7-8 Step L fwd to L diagonal, Stomp R next to L

**If using the short version music:**

**Restart: During wall 3 facing 09:00**

## **SECTION 6: R VINE, STOMP, L VINE, STOMP**

1-2 Step R side, Cross L behind R

3-4 Step R side, Stomp L next to R  
5-6 Step L side, Cross R behind L  
7-8 Step L side, Stomp L next to R

**Start Again. Have fun and Enjoy!**

**Restarts**

**Using short version music:**

**During wall 3, after section 5 (facing 09:00)**

**Using long version music:**

**During wall 3, after section 1 (facing 06:00)**

**During wall 8, after section 2 (facing 06:00)**

**Important note:**

**Credit to the choreographers of the dance in the following video (link: <https://youtu.be/uHqpyBs1FPE>). The choreography inspired this dance.**

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