

Safety Dance

拍数: 32 墙数: 2 级数: High Improver
编舞者: Nathan Gardiner (SCO) - September 2014
音乐: Safety Dance (Glee Cast Version) - Glee Cast



Intro: 48 counts start on vocals - No Tags or Restarts

MAMBO STEP, COASTER STEP, HEEL SWITCHES, STEP 1/4 LEFT

1&2 Rock forward on right, Recover on left, Step back on right
3&4 Step back on left, Step right next to left, Step forward on left
5&6& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place
7-8 Step forward on right, Turn 1/4 left

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR 1/4 LEFT

1-2 Cross step right over left, Step left to left side
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Cross step left over right, Step right to right side
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

CROSS SAMBA, CROSS SAMBA, TOE SWITCHES, HEEL SWITCHES

1&2 Cross step right over left, Rock out to left side, Recover on right
3&4 Cross step left over right, Rock out to right side, Recover on left
5&6& Point right toes to right side, Step back in place, Point left toes out to left side, Step back in place
7&8& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place

STEP 1/4 LEFT, CROSS SHUFFLE, STEP 1/4 RIGHT, LEFT SHUFFLE FORWARD

1-2 Step forward on right, Turn 1/4 left
3&4 Cross step right over left, Step left to left side, Cross step right over left
5-6 Step forward on left, Turn 1/4 right
7&8 Step forward on left, Step right next to left, Step forward on left

Start Again.....Happy Dancing
