

Keep Me Safe

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Urban Danielsson (SWE) - January 2017
音乐: Take Me Home With You - Carter Sampson : (CD: Wilder Side)



#16 counts intro, starts on vocal (available at Itunes)

Section 1: □ Side, back rock-recover, ½ turn, sweep ¼ turn behind-side-cross, sway x 2, behind-side

- 1 Long step with right foot to right side
- 2&3 Rock back on left foot, recover weight onto right foot, ½ turn right step back on left foot sweeping right foot from front to behind the left foot (6:00)
- 4&5 Still sweeping right foot do a ¼ turn right and step right foot across behind of left, step left to left side, step right foot across in front of left foot (9:00)
- 6-7 Step left to left side and sway body left, sway body to right and change weight to right foot
- 8& Step left foot behind of right, step right to right side

Section 2: □ Step, forward rock-revocer, back step x 2, ½ turn, pivot 3/8, side-behind-side-cross

- 1 1/8 turn right step left forward (10:30)
- 2-3 Rock right foot forward on the right diagonal, recover weight onto left foot
- 4&5 Step right foot back, step left foot back, ½ turn right step forward on right foot (4:30)
- 6&7 Step left foot forward, pivot turn 3/8 right ending with weight on right foot across in front of left, step left foot to left side (12:00)
- &8& Step right foot behind of left, step left foot to left side, step right foot across in front of left foot

Section 3: □ Side, back rock-recover, ½ turn in place, coaster step, step forward, rock, recover-together

- 1 Long step with left foot to left side
- 2&3 Rock right foot back, recover weight onto left foot, step right foot forward
- 4 ½ turn left in place keeping weight onto right foot (6:00)
- 5&6 Step left foot back, recover weight onto right, step left foot forward
- &7 Step right foot forward, rock forward onto left foot
- 8& Recover weight onto right foot, step left foot next to right

Section 4: □ ¼ turn step side, drag, behind-side-cross, unwind ½, behind-side-cross, scissor step, side-behind

- 1 ¼ turn right step long step with right foot to right side dragging left slowly towards right foot (9:00)
- 2&3 Step left foot behind of right, step right foot to right side, step left across in front of right foot
- 4 Unwind ½ turn right weight still on left foot sweeping right foot from front to back (3:00)
- 5&6 Step right foot behind of left, step left foot to left side, step right foot across in front of left
- &7 Step left foot to left side, step right foot next to left
- &8& Step left foot across in front of right foot, step right foot to right side, step left foot behind of right

RESTART and ENJOY!

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