

Safety Dance

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Safety Dance (Glee Cast Version) - Glee Cast



Intro: 16 counts. - Note: clock notations relate to the start wall for each phrase.

[1~8]: CROSS WALKS L WITH ARMS* x2, CHECK STEP, RECOVER, WEAVE 1/4 R, 1/2 TURN R

1 R step across L *
2 L step to L side *
3 R step across L *
4 L step to L side *
5 R push step across L
& L recover weight
6 R step to R side
& L step behind R
7 R step ¼ R (3:00)
& L step forward
8 R step ½ R forward (9:00)

*Hand/arm movement for 1-4:

* Fingers linked, create a rolling wave from R elbow to L elbow at chest level, 4 times

Or snap fingers as hands go outward, Or anything that's fun to do, And/or double time the steps!

[& 9~16]: R & L TOUCH-HOLD, R HEEL JACK, L STEP, ½ CHASE TURN R

& L step slight forward
1 R touch forward
2 hold
& R step weight center
3 L touch forward
4 hold
& L step weight center
5 R step across L
& L step to L side
6 R touch heel out toward 10:00
& R step weight center
7 L step forward
& R ½ turn R (3:00)
8 L step forward

[17~24]: CHARLESTON STEPS, STEP ¼ L CROSS R, L SIDE SHUFFLE

1 R touch forward
& R swing ½ back
2 R step (back)
3 L touch back
& L swing ½ forward
4 L step (forward)
5 R step forward
& turn ¼ L, weight L (12:00)
6 R step across L
7 L step L
& R step next to L
8 L step L

[25~32]: OLD SCHOOL CROSS TOUCHES, SMALL JAZZ JUMP FWD R L W/ CLAP, BOUNCES X 2, WEIGHT R

- 1 R touch across L to diagonal dip R shoulder, throw hands down and back
- 2 R step weight center
- 3 L touch across R to diagonal dip L shoulder, throw hands down and back
- 4 L step weight center
- & R teeny jump forward
- 5 L step forward, slightly apart from R
- 6 Clap hands
- 7 small bounce, weight R
- 8 small bounce, weight R

[33~40]: PUSH SLIDES R/L, ½ PUSH TURN, ½ PENCIL TURN, R TOUCH, L TOUCH (as if a toe strut followed by a drag)

- 1 L step slightly forward, pushing weight into ball of L foot, L knee slightly bent
- 2 drop heel (full weight L) as you slide R foot back, slightly bending L knee
- 3 R step forward, pushing weight into ball of R foot, R knee slightly bent
- 4 drop heel (full weight R) as you slide L foot back, slightly bending R knee
- 5 L step forward
- & ½ turn R, step R (6:00)
- 6 ½ turn R, L step next to R (12:00)
- 7 R touch to R side
- & R step center next to L
- 8 L touch to L side

[41~48]: L BODY ROLL, TOUCHES L R, R 'C' BUMP, STEP L, R CROSS

- 1 body roll back toward L foot , start w/ shoulders, angled to 1:00
- 2 take weight L
- & R step next to L
- 3 L touch to L side
- & L step next to R
- 4 R touch to side
- 5 lift R hip as you bump to R
- & bump hips to L
- 6 take hips back to R, sitting slightly, weight R
- 7 L small step forward slightly open to 10:00
- 8 R step across L

[49~56]: ROCK RECOVER CROSS X2, L CHASE TURN, WALK R, L TOGETHER.

- 1 L push step to L side
- & recover weight R
- 2 L step across R, travel slightly forward
- 3 R push step to R side
- & recover weight L
- 4 R step across L, travel slightly forward
- 5 L step forward
- & ½ turn R, step forward on R (6:00)
- 6 L step forward
- 7 R step forward
- 8 L step next to R

[57~64]: 'S NODS' (to 80's Safety Dance), STRUTS IN PLACE

- 1 L arm curved overhead, fingers pointing right with palm facing down. R arm curved at waist, fingers pointing left with palm facing up, creating an "s" with your arms, left arm on top

- 2 pulse same movement ah switch position to opposite
- 3 R arm curved overhead, fingers pointing left with palm facing down. L arm curved at waist, fingers pointing right with palm facing up, creating an "s" with your arms, left arm on top
- 4 pulse same movement (weight L)
- & R slight lift or kick (arms come down)
- 5 R step center
- & L slight lift or kick
- 6 L step center
- & R slight lift or kick
- 7 R step center
- & L slight lift or kick
- 8 L step center, full weight

(BEGIN AGAIN, and most certainly DWYF!)
