

The Safest Place

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Murray Tait (AUS) - November 2014
音樂: The Safest Place - Sade : (Album: Soldier of Love - iTunes)



Start after 8-count introduction (on the word heart – “In my heart...”)

Step and Sweep, Cross, Back, ½R-Fwd, Lunge, Recover, Rock, Recover, ¼R-Back, ½R-Fwd, Together, Fwd, Together, Back and Drag

1 Step L fwd sweeping R from back to front
2&3 Step R across L, step L back, ½ R step R fwd (6:00)
4&5 Lunge L to side, recover weight on R, rock back on L
6&7& Recover weight on R, ¼ R step L back, ½ R step R fwd, step L together (3:00)
8&1 Step R fwd, step L together, large step back on R dragging L towards R

Behind, Together, Back and Drag, Behind, Side, Rock, Recover, Side, Rock, Recover, ¼R-Side, ¼R-Point, Hook, ¼ R-Fwd

2&3 Step L behind R, step R together, large step back on L dragging R towards L
4&5& Step R behind L, step L to side, rock back on R, recover on L
6&7& Step R to side, rock back on L, recover on R, ¼ R step L to side
8&1 ¼ R point R to side, hook R foot to L knee, ¼ R step R fwd (12:00)

Rock, Recover, ¼L-Side, Cross, Back (Diagonal), Behind, Cross, Back (Diagonal), Behind, Rock, Recover, Lock Step, Fwd

2&3 Rock fwd on L, recover on R, ¼ L step L to side (9:00)
4&5& Step R across L, step L back on L diagonal, step R behind L, step L across R
6& Step R back on R diagonal, step L behind R
7&8& Rock back on R, recover on L, lock-step R behind L, step L fwd

Rock, Recover, Back, ½L-Fwd, Fwd, ¾L with Hitch, Lunge Fwd, Recover, Lock Step, Back, Back, Together, Fwd, Lock Step

1 2& Rock fwd on R, recover on L, step R back
3 4& ½ L step L fwd, step R fwd, ¾ L on ball of R hitching L knee
5&6& Lunge/rock fwd on L, recover on R, step L in front of R, step back on R
7&8& Step back on L, step R together, step L fwd, lock-step R behind L

There are two Restarts in this dance – on Walls 3 and 5.

In both cases dance up to count 15&, then replace count 16 with:

½ R step R to side

Then Restart the dance from Count 1.

You will be facing 12:00 for the Wall 3 Restart, and 6:00 for the Wall 5 Restart.

Note: □ You need to hesitate for a few seconds before the Wall 5 restart. In this case, drag the L foot towards the R then slide it forward finally putting weight on it in time to catch Count 1 of the restart (like drawing ¼ of a circle with the L foot in a counter-clockwise direction).

End: The dance ends facing 12:00 at the end of Wall 6. After Count 32, just drag the R foot together with the L and strike a pose.

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