

Safe Sax

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Jackson (UK) - November 2015
音樂: Sax - Fleur East : (iTunes, amazon)



#16-count intro. No Tags Or Restarts!

SECTION 1: [1-8] POINT, SWEEP AND STEP, PIVOT HALF TURN, SHUFFLE RIGHT

1,2-3&4 Point right toe forward, sweep right from front to back over a count of 2, step right behind left (&), step forward left
5,6,7&8 Step forward right, pivot a half turn to your left, shuffle forward R/L/R (6.0)

SECTION 2: [9-16] POINT, SWEEP AND STEP, PIVOT QUARTER TURN, CROSS SHUFFLE

1,2-3&4 Point left toe forward, sweep left from front to back over a count of 2, step left behind right (&), step forward right
5,6,7&8 Step forward left, pivot a quarter turn right, cross shuffle L/R/L (9.0)

SECTION 3: [17-24] SIDE, BEHIND AND HEEL, AND BUMP, AND HOLD, AND CROSS, QUARTER, QUARTER

1,2&3&4 Right to right side (1), left behind right (2), step slightly back on right (&), touch left heel forward on left diagonal (3), bump hips forward/back (&4)
&5&6,7,8 And Hold (&5), step slightly back on left (&), cross right over left (6), make a quarter turn right stepping back on left (7), make a quarter turn right stepping right to right side (8) (3.0)

SECTION 4: [25-32] CROSS/UNWIND, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD

1-2,3&4 Cross left over right and unwind a half turn to your right (weight on left), shuffle backward R/L/R (9.0)
5,6,7&8 Rock back on left, recover on right, shuffle forward L/R/L

START AGAIN

Ending: On Wall 14 you will start facing (9.0). Dance up to Step 1 of Section 4 facing front, spread your arms out and hold.