

# Safe in These Arms

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate NC2S  
編舞者: Dee Musk (UK) & Fred Whitehouse (IRE) - August 2017  
音樂: Run to You - Lea Michele : (Album: Places)



#8 Slow Count Intro – Approx 14 seconds - Track Approx 3 mins 39 secs. BPM 64  
Track available from [iTunes.co.uk](https://www.itunes.com/track/1445144444)

**Press Sweep, Back, ½ Turn Right, Step L with Full Spiral Turn Right, Run R, L, Step Right, Pivot ¼ Turn Left, Right Cross Side Rock, Left Cross Side Rock.**

- &1,2&      Press forward on L, recover and sweep left to behind R, step back on L, make ½ turn R stepping forward on R.  
3            Step forward on L, unwind a full turn R hooking R in front of L.  
4&           Run forward R, L.  
5,6           Step forward on R, pivot ¼ turn L.  
&7&           Cross R over L, rock L to L side, recover weight to R.  
8&1           Cross L over R, rock R to R side, recover weight to L. (3 o'clock).

**Cross Side, Back Rock, Recover, ½ Turn Left, Back Rock, Recover, Full Turn Right, Chase ½ Turn Right.**

- 2&           Cross R over L, step L to L side.  
3,4           Facing 4.30 rock back on R, recover weight to L.  
&5,6           Make ½ turn L stepping back on R facing 10.30, rock back on L, recover weight to R.  
&7           Travelling forward make ½ turn R stepping back on L, make ½ turn R stepping forward on R.  
&8&           Step forward on L, make ½ turn R facing 4.30, step forward on L. (4.30 o'clock).

**Walk Right, Left, Right, Step L, Pivot ½ Turn Right, ½ Turn R Sweep Right, Back Sweep, Back Hitch Right, Behind ¼ Turn Left.**

- 1,2,3           Walk forward R, L, R. (4.30).  
4&           Step forward on L, make ½ turn R. (10.30).  
5,6,7           Make ½ turn R stepping back on L and sweep R to behind L, step back on R sweeping L to behind R, step back on L and hitch R knee squaring up to 6 o'clock wall.  
8&           Cross step R behind L, make ¼ turn L stepping forward on L. (3 o'clock).

**¼ Turn Left with Basic Nightclub Right, ¼ Turn Right Close, Cross, Sway Right, Sway Left with Drag, Curved Run-around ½ Turn Right.**

- 1,2&           Make ¼ turn L stepping R to R side, step L slightly behind R, cross R over L.  
3,4&           Make ¼ turn R stepping back on L, close R beside L, cross L over R.  
5,6           Sway R, sway L dragging R to beside L keeping weight on L.  
7&8           Turning ½ curved turn R, run R, L, R. (9 o'clock).

**Relax and Enjoy**

**Contacts: [deemusk@btinternet.com](mailto:deemusk@btinternet.com) and [fred\\_whitehouse@hotmail.com](mailto:fred_whitehouse@hotmail.com)**