

Safe in These Arms

COPPER KNOB
BY STEPHEN HETS

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/1445111111)

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 and fred_whitehouse@hotmail.com