

I Need Safety

拍數: 40 牆數: 2 級數: Advanced
編舞者: Adam Åstmar (SWE) - October 2019
音樂: Safety - CATALI



Intro: 16 counts, starting on the word "signs".

Important note! This dance will always face the diagonal, no matter where you are in the sections. From the first step of the dance you will never face a full wall, good luck! :)

Prepare the start by facing R diagonal!

* Bridge – at wall 3 facing 4:30 after 16 counts. Skip to the last 8 counts of the dance.

* Restart – at wall 4 with step change. Dance up to count 7 in section 4, then do a full turn to the left stepping R, L on count 8&. Restart the dance facing 1:30.

* Tag – after wall 5 facing 7:30, see tag notation below.

Sect – 1: Step & Hitch. 1 ½ Turn & Sweep. Behind-Side. Cross Rock. Recover. Side. Cross. ¼. ½. Step Forward.

- 1 – 2 & (1) Step forward on RF, hitch L knee swinging it out to the left and then slightly across RF. (2) Turn ½ right stepping back on LF. {7:30}(&) Turn ½ right stepping forward on RF. {1:30}
- 3 – 4 & (3) Turn ½ right stepping back on LF, sweeping RF from front to back. (4) Step RF behind LF. {7:30} (&) Step to the left on LF.
- 5 – 6 & (5) Cross rock RF over LF. (6) Recover on LF. (&) Step to the right on RF.
- 7 & 8 & (7) Cross LF over RF. (&) Turn ¼ left stepping back on RF. (8) Turn ½ left stepping forward on LF. {10:30} (&) Step forward on RF.

Sect – 2: Delayed Rock Forward. Recover. Step Back. Back & Sweep ½ Turn. Sailor Step & Sweep. Step & Hitch. Press Forward. Recover. ½.

- 1 – 2 & (1) Step forward on LF keeping weight on RF, slowly transferring weight to LF and delaying upper body by swaying it from back to front into the rock (imagine sea grass movement). (2) Recover on RF, keeping body slightly tilted forward. (&) Step back on LF, straightening body.
- 3 – 4 & (3) Step back on RF, sweeping LF from front to back, turning ½ left. (4) Step LF behind RF. {4:30} (&) Step to the right on RF.
- 5 – 6 (5) Step forward on LF, sweeping RF from back to front. (6) Step forward on RF, hitching L knee.
- 7 – 8 & (7) Press forward on LF. (8) Recover on RF. (&) Turn ½ left stepping forward on LF. {10:30}

Note! Bridge occurs here at wall 3.

Sect – 3: Nightclub Basic Right. ¼ & Sweep. Behind-Side. Cross-Rock, Side-Rock, Back & Sweep. Behind. ¼.

- 1 – 2 & (1) Take a big step to the right on RF. (2) Close LF behind RF. (&) Slightly cross RF over LF.
- 3 – 4 & (3) Turn ¼ right stepping back on LF, sweeping RF from front to back. (4) Step RF behind LF. {1:30} (&) Step to the left on LF.
- 5 & 6 & (5) Cross rock RF over LF. (&) Recover on LF. (6) Rock to the right on RF. (&) Recover on LF.
- 7 – 8 & (7) Step back on RF, sweeping LF from front to back. (8) Step LF behind RF. (&) Turn ¼ right stepping forward on RF. {4:30}

Sect – 4: Sway L+R+L. Side & Drag. Behind. ¼. Step ½ Turn & Rise. Step Forward. ½. ¼.

- 1 – 2 & (1) Step to the left on LF and sway left. (2) Sway right. (&) Sway Left.
- 3 – 4 & (3) Step to the right and drag LF towards RF. (4) Step LF behind RF. (&) Turn ¼ right stepping forward on RF. {7:30}

- 5 – 6 (5) Step forward on LF, start turning $\frac{1}{2}$ right as you raise up on your toes. (6) Finish turning $\frac{1}{2}$ right stepping down on RF. {1:30}
- 7 – 8 & (7) Step forward on LF. (8) Turn $\frac{1}{2}$ left stepping back on RF. (&) Turn $\frac{1}{4}$ left stepping to the left on LF. {4:30}

Note! Restart with step change occurs here at wall 4.

Sect – 5: Prissy Walk R, Hold, L. Step $\frac{1}{2}$ Turn. Step Forward. $\frac{1}{2}$. $\frac{1}{4}$ Rock Side. Recover & Drag.

- 1 – 2 (1) Slightly cross RF over LF. (2) Hold.
- 3 – 4 (3) Slightly cross LF over RF. (4) Step forward on RF.
- 5 – 6 & (5) Turn $\frac{1}{2}$ left, transferring weight to LF. (6) Step forward on RF. (&) Turn $\frac{1}{2}$ right stepping back on LF. {4:30}
- 7 – 8 (7) Turn $\frac{1}{4}$ right rocking to the right on RF. (8) Recover on LF and drag RF towards LF. {7:30}

Note! Tag occurs here after wall 5.

Tag: Hold. Rock Back. Recover.

- 1 – 2 & (1) Hold. (2) Rock back on RF. (&) Recover on LF.

Have fun!

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