

EZ Safety Dance

拍數: 48 牆數: 4 級數: Beginner
編舞者: Heidi Cronjé (SA) - December 2020
音樂: The Safety Dance (Short Version) - Men Without Hats
或: The Safety Dance (Extended Dance Version) - Men Without Hats



Intro: 16 counts (short version music)
Intro: 32 counts (long version music)

Short version music: There is one easy restart.

Long version music: Two restarts

For both versions you may omit the restarts for absolute beginners. You can even omit the ¼ R turn when doing the Jazz Box thus it will then be a 1 wall, absolute beginner dance

SECTION 1: R TOE FAN X 2, L HEEL TWIST X 2

1-2 Swivel R toes out, Swivel R toes in
3-4 Swivel R toes out, Swivel R toes in
5-6 Twist both heels L, Twist both heels back to the centre
7-8 Twist both heels L, Twist both heels back to the centre

If using the long version music

Restart: During wall 3, facing 06:00

SECTION 2: FWD, TOUCH, BACK, TOUCH (REPEAT)

1-2 Step R fwd, Touch L toes fwd
3-4 Step L back, Touch R toes back
5-6 Step R fwd, Touch L toes fwd
7-8 Step L back, Touch R toes back

If using the long version music

Restart: During wall 8, facing 06:00

SECTION 3: HITCH, TOUCH, SHOULDER LIFTS X 2, ¼ R JAZZ BOX

1-2 Hitch R knee, Touch R toes next to L (keep weight on L)
3-4 Lift both shoulders up and down twice

Alternative option: Replace shoulder lifts with bouncing R heel up and down twice

5-6 Cross R over L, Step L back
7-8 Turn ¼ R and step R side, Step L next to R (for absolute beginners omit the ¼ R turn)

SECTION 4: R SWIVELS (HEEL, TOE, HEEL), HOLD, L SWIVELS (HEEL, TOE, HEEL), HOLD

1-2 Swivel both heels to R, Swivel both toes to R
3-4 Swivel both heels to R, Hold and clap hands
5-6 Swivel both heels to L, Swivel both toes to L
7-8 Swivel both heels to L, Hold and clap hands

SECTION 5: DIAGONAL FWD, STOMP X 4

1-2 Step R fwd to R diagonal, Stomp L next to R
3-4 Step L fwd to L diagonal, Stomp R next to L
5-6 Step R fwd to R diagonal, Stomp L next to R
7-8 Step L fwd to L diagonal, Stomp R next to L

If using the short version music:

Restart: During wall 3 facing 09:00

SECTION 6: R VINE, STOMP, L VINE, STOMP

1-2 Step R side, Cross L behind R

3-4 Step R side, Stomp L next to R
5-6 Step L side, Cross R behind L
7-8 Step L side, Stomp L next to R

Start Again. Have fun and Enjoy!

Restarts

Using short version music:

During wall 3, after section 5 (facing 09:00)

Using long version music:

During wall 3, after section 1 (facing 06:00)

During wall 8, after section 2 (facing 06:00)

Important note:

Credit to the choreographers of the dance in the following video (link: <https://youtu.be/uHqpyBs1FPE>). The choreography inspired this dance.

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