

Safe and Warm

拍數: 48 牆數: 2 級數: Improver
編舞者: Betty George (NZ) - March 2021
音樂: Safe and Warm (feat. Revel Day) - Stonekeepers



Start on vocals

[1-8] Back-Recover-1/2 Turn Triple Step [x2]

1-2 3&4 Rock back on R, recover on L, turn ½ left & triple step R.L.R.
5-6 7&8 Rock back on L, recover on R, turn ½ right & triple step L.R.L. [12.00]

[9-16] Back-Cross-1/4 Turn-Side, Walk Forward, Shuffle Forward

1-4 Step back on R, cross L over R, turn ¼ left & step R back, step L to side
5-6 7&8 Walk fwd R.L., shuffle fwd R.L.R [9.00]

[17-24] ¼ Pivot-Cross-1/4 Turn [x2] - Cross - Side Shuffle

1-4 Step L fwd, ¼ pivot right, cross L over R, turn ¼ left & step R back
5-6 Turn ¼ left & step L to side, cross R over L,
7&8 Shuffle to side L.R.L. [6.00]

[25-32] Back-Recover-1/8th Pivot [x2], Cross&Cross

1-2 Rock back on R recover on L,
3-6 Step R fwd, 1/8th pivot left, step R fwd, 1/8th pivot left
7&8 Cross R over L, step L to side, cross R over L [3.00]

[33-40] Forward-Recover-Double Bump, Back-Recover-Double Bump

1-2 3&4 Step L fwd, recover on R, step L back & double bump .
5-6 7&8 Step R back, recover on L, step R fwd & double bump [3.00]

[41-48] ¼ Pivot - Cross-Point [x3]

1-2 Step L fwd, ¼ pivot right,
3-4 Cross L over R, point R to side
5-6 Cross R behind L, point L to side,
7-8 Cross L over R, point R to side [6.00]

Ending At end of Wall 7 [you'll be facing 6.00] - do the following to face the front:

1-3 Step R back, turn ½ left & step L fwd, step R together