

# Be Safe And Sound

拍數: 48                      牆數: 4                      級數: Phrased Improver  
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音樂: Safe and Sound - Capital Cities



Intro: 32 counts - Seq: AAA-AB-ABB-AAAAA-BBBB-AA

## Part A (32)

### [1-8] FORWARD STEPS, HEEL-AND-STEP, HEEL-AND-STEP, ROCK STEP

1-2                      Step R forward, step L forward  
3&4                      Touch R heel forward, step R together, step L forward  
5&6                      Touch R heel forward, step R together, step L forward  
7-8                      Rock R forward, recover to L

### [9-16] BACK STEPS, COASTER STEP, STEP-TURN, CROSS-SHUFFLE

1-2                      Step R back, step L back  
3&4                      Cross R behind L, step L together, step R forward  
5-6                      Step L forward, pivot 1/4 right  
7&8                      Cross L over, step R to side, cross L over

### [17-24] SIDE-CLOSE, SHUFFLE, SIDE-CLOSE, SHUFFLE

1-2                      Step R to side, step L together  
3&4                      Shuffle back on R,L,R  
5-6                      Step L to side, step R together  
7&8                      Shuffle forward on L,R,L

### [25-32] STYLIZED STEP-TOUCH STEPS, FORWARD SHUFFLE

1-2                      Step R forward, bending knees; touch L to side & unbend  
3-4                      Step L back, bending knees; touch R to side & unbend  
5-6                      Step R back, bending knees; touch L to side & unbend  
7&8                      Shuffle forward on L,R,L

## Part B (16)

### [1-8] ROCK STEP, 1/4 RIGHT CHASSE, OUT-OUT STEPS

1-2                      Rock R forward, recover to L  
3&4                      Turn 1/4 right and chasse to side on R,L,R  
5-6                      Step L out to side, step R out to side  
7-8                      Step L out to side, step R out to side

### [9-16] ROCK STEP, SHUFFLE, BACK-UNWIND, OUT-OUT

1-2                      Rock L forward, recover to R  
3&4                      Shuffle back on L,R,L  
5-6                      Cross R behind L, unwind 1/4 right (weight to L)  
7-8                      Step R out to side, step L out to side

**STYLING; At each OUT-OUT step, throw corresponding arm out-out**

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