

Be Safe And Sound

COPPER KNOB
STEPSHEETS

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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