

**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Annesofie Andersen (Okt 2013)

**Music:** Safe and Sound by Capital Cities

## Start: 32 counts intro

### Section 1: Side rock R, Side rock L, Sailor L, Sailor ¼ turn R

- 1-2**            Rock R to right side(1), Recover on L(2)
- &3-4**         Step R next to L(&), Rock L to left side(3), Recover on R(4)
- 5&6**         Step L behind R(5), Step R to right side(&), Step L to left side(6)
- 7&8**         Step R behind L(7), Step L to left side while making a ¼ turn R(&), Step R to right side(8)

### Section 2: Walk fwd LR, Shuffle L, step ½ turn L, shuffle ½ turn L

- 1-2**            Step L fwd(1), Step R fwd(2)
- 3&4**         Step L fwd(3), Step R next to L(&), Step L fwd(4)
- 5-6**         Step Right fwd(5), Turn half L(6)
- 7&8**         Step R fwd (7), Step L next to R while making a ¼ turn L (&), Step R back while making a ¼ turn L(8)

### Section 3: Walk back LR, Sailor ¼ turn L, Cross rock R, Cross rock L

- 1-2**            Step L back(1), Step R back(2)
- 3&4**         Step L behind R while making a ¼ turn L(3), Step R to right side (&), Step L to left side(4)
- 5&6**         Rock R across L(5), Recover on L(&), Step R next to L(6)
- 7&8**         Rock L across R(7), Recover on R(&), Step L next to R(8)

### Section 4: Heel switches RL, back rock R, kickball, paddle ¼ turn L

- 1&2**            Point R heel fwd(1), Step R next to L(&), Point L heel fwd(2)
- &3-4**         Step L next to R(&), Rock back on R(3), Recover on L(4)
- 5&6**         Kick R fwd(5), Step R next to L(&), Step L fwd(6)
- 7-8**         Step R fwd(7), Recover on L while making a ¼ turn L(8)

**Enjoy! - No Tag Or Restarts**

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