

# Be Safe And Sound

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**Count:** 48      **Wall:** 4      **Level:** Phrased Improver

**Choreographer:** Roly Ansano (USA), Sep 2013

**Music:** Safe & Sound by Capital Cities, [4.32 min]

**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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