

# Sains et saufs

Count: 32

Wand: 4

Ebene: High Improver

Choreograf/in: Anna Molitor (DE) - June 2025

Musik: Sains et saufs - ZAZ



Intro: 4 x 8 counts

## Section 1: STOMP - SWIVELS – SIDE, HOLD, BALL, SIDE - SWEEP

1 2 3 4 Stomp RF diagonally fwd (1), Swivel LF - heel, toes, heel towards RF (2/3/4)  
5 6 & 7 8 Step LF diagonally fwd (5), Hold (6), Step ball of RF next to RF (&), Step LF diagonally fwd.  
(7), Sweep RF from back to front

## Section 2: JAZZ BOX – STEP, TOUCH – STEP HITCH

1 2 3 4 Step RF across LF (1), Step back on LF (2); Step RF to R side with ¼ turn to the right (3),  
Step LF fwd. (4)  
5 6 7 8 Step RF fwd. and turn your upper body 1/8 to the left (5); Touch LF behind RF (6); Step back  
on LF and turn your upper body 1/8 to the right (7); Hitch right knee while turning 1/4 to the  
right (8)

## Section 3: SIDE, CROSS, SIDE, CLOSE – STEP, HOLD, SIDE ROCK

1 2 3 4 Step RF to the right (1), Cross LF over RF (2), Step RF to the right and turn 1/8 to the left (3),  
Step LF next to RF (8)  
5 6 7 8 Step RF diagonally fwd. across LF (5), Hold (6), Rock LF to the left side (7), Recover on RF  
and turn ¼ to the right (8)

## Section 4: CROSS, BACK – SHUFFLE TURN – ROCK STEP – STEPS FWD.

1 2 3 & 4 Step LF across RF (1), Step RF back and start turning to the left (2), Step LF to the left (3),  
Step RF next to LF (&), Step LF to the left (4) – turn ¼ to the left during the counts 3&4  
5 6 7 8 Rock RF fwd. (5), Recover on LF and turn ½ to the right (6), Step RF fwd. (7); Step LF fwd.  
(8)

## TAG: AFTER WALL 4: ROCKING CHAIR

1 2 3 4 Rock RF fwd. (1), Recover on LF (2), Rock RF back (3), Recover on LF (4)

Enjoy the dance! ☐