

# EZ Safety Dance

Compte: 48

Mur: 4

Niveau: Beginner



Chorégraphe: Heidi Cronjé (SA) - December 2020

Musique: The Safety Dance (Short Version) - Men Without Hats

ou: The Safety Dance (Extended Dance Version) - Men Without Hats

Intro: 16 counts (short version music)

Intro: 32 counts (long version music)

Short version music: There is one easy restart.

Long version music: Two restarts

For both versions you may omit the restarts for absolute beginners. You can even omit the  $\frac{1}{4}$  R turn when doing the Jazz Box thus it will then be a 1 wall, absolute beginner dance

## SECTION 1: R TOE FAN X 2, L HEEL TWIST X 2

- 1-2 Swivel R toes out, Swivel R toes in
- 3-4 Swivel R toes out, Swivel R toes in
- 5-6 Twist both heels L, Twist both heels back to the centre
- 7-8 Twist both heels L, Twist both heels back to the centre

If using the long version music

Restart: During wall 3, facing 06:00

## SECTION 2: FWD, TOUCH, BACK, TOUCH (REPEAT)

- 1-2 Step R fwd, Touch L toes fwd
- 3-4 Step L back, Touch R toes back
- 5-6 Step R fwd, Touch L toes fwd
- 7-8 Step L back, Touch R toes back

If using the long version music

Restart: During wall 8, facing 06:00

## SECTION 3: HITCH, TOUCH, SHOULDER LIFTS X 2, $\frac{1}{4}$ R JAZZ BOX

- 1-2 Hitch R knee, Touch R toes next to L (keep weight on L)
- 3-4 Lift both shoulders up and down twice

Alternative option: Replace shoulder lifts with bouncing R heel up and down twice

- 5-6 Cross R over L, Step L back
- 7-8 Turn  $\frac{1}{4}$  R and step R side, Step L next to R (for absolute beginners omit the  $\frac{1}{4}$  R turn)

## SECTION 4: R SWIVELS (HEEL, TOE, HEEL), HOLD, L SWIVELS (HEEL, TOE, HEEL), HOLD

- 1-2 Swivel both heels to R, Swivel both toes to R
- 3-4 Swivel both heels to R, Hold and clap hands
- 5-6 Swivel both heels to L, Swivel both toes to L
- 7-8 Swivel both heels to L, Hold and clap hands

## SECTION 5: DIAGONAL FWD, STOMP X 4

- 1-2 Step R fwd to R diagonal, Stomp L next to R
- 3-4 Step L fwd to L diagonal, Stomp R next to L
- 5-6 Step R fwd to R diagonal, Stomp L next to R
- 7-8 Step L fwd to L diagonal, Stomp R next to L

If using the short version music:

Restart: During wall 3 facing 09:00

## SECTION 6: R VINE, STOMP, L VINE, STOMP

- 1-2 Step R side, Cross L behind R

3-4	Step R side, Stomp L next to R
5-6	Step L side, Cross R behind L
7-8	Step L side, Stomp L next to R

**Start Again. Have fun and Enjoy!**

### **Restarts**

**Using short version music:**

**During wall 3, after section 5 (facing 09:00)**

**Using long version music:**

**During wall 3, after section 1 (facing 06:00)**

**During wall 8, after section 2 (facing 06:00)**

**Important note:**

**Credit to the choreographers of the dance in the following video (link: <https://youtu.be/uHqpyBs1FPE>). The choreography inspired this dance.**

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