

I'll Keep You Safe

拍数: 96 墙数: 2 级数: Intermediate waltz
编舞者: Nathan Gardiner (SCO) - August 2015
音乐: I'll Keep You Safe - Sleeping At Last



Intro: 24 counts start on vocals

(1-12) BASIC WALTZ FORWARD, BASIC WALTZ BACK, LEFT TWINKLE, CROSS, SIDE, BEHIND

1-2-3 Step forward on left, Step right beside left, Step left beside right
4-5-6 Step back on right, Step left beside right, Step right beside left
1-2-3 Cross step left over right, Step right to right side, Step left beside right
4-5-6 Cross step right over left, Step left to left side, Step right behind left

(13-24) SWAY LEFT, HOLD for 2, SWAY RIGHT, SWEEP LEFT BEHIND RIGHT, SAILOR STEP, SAILOR STEP

1-2-3 Step left to left side swaying to left side, HOLD for 2 counts
4-5-6 Recover on right swaying to right side, Sweep left behind right for 2 counts
1-2-3 Step left behind right, Step right to right side, Step left to left side
4-5-6 Step right behind left, Step left to left side, Step right to right side

(25-36) BASIC WALTZ FORWARD, BASIC WALTZ BACK, LEFT TWINKLE, CROSS, SIDE, BEHIND

1-2-3 Step forward on left, Step right beside Left, Step Left beside right
4-5-6 Step back on right, Step left beside right, Step right beside left
1-2-3 Cross step left over right, Step right to right side, Step left beside right
4-5-6 Cross step right over left, Step left to left side, Step right behind left

(37-48) SWAY LEFT, HOLD for 2, SWAY RIGHT, SWEEP LEFT BEHIND RIGHT, SAILOR STEP, SAILOR STEP

1-2-3 Step left to left side swaying to left side, HOLD for 2 counts
4-5-6 Recover on right swaying to right side, Sweep left behind right for 2 counts
1-2-3 Step left behind right, Step right to right side, Step left to left side
4-5-6 Step right behind left, Step left to left side, Step right to right side

(49-60) TWINKLE 1/4 LEFT, RIGHT TWINKLE, WEAWE RIGHT, SIDE, DRAG LEFT

1-2-3 Cross step left over right, Turn 1/4 left stepping back on right, Step left beside right
4-5-6 Cross step right over left, Step left to left side, Step right beside left
1-2-3 Cross step left over right, Step right to right side, Step left behind right
4-5-6 Step right to right side, Drag left towards right for 2 counts

(61-72) 1/4 LEFT BASIC 1/2 LEFT, BASIC 1/2 LEFT, ROCK FORWARD, HOLD, RECOVER, HOLD

1-2-3 Turn 1/4 left stepping forward on left, Turn 1/2 left stepping back on right, Step left next to right
4-5-6 Step back on right, Turn 1/2 left stepping forward on left, Step right next to left
1-2-3 Rock forward on left, HOLD for 2 counts
4-5-6 Recover on right, HOLD for 2 counts

(73-84) 1/4 LEFT WITH SWEEP, RIGHT TWINKLE, CROSS, SIDE, BEHIND, 1/4 RIGHT WITH SWEEP

1-2-3 Turn 1/4 left stepping forward on left, Sweep right from behind to front for 2 counts
4-5-6 Cross step left over right, Step left to left side, Step right beside left
1-2-3 Cross step left over right, Step right to right side, Step left behind right
4-5-6 Turn 1/4 right stepping forward on right, Sweep left from behind to front for 2 counts

(85-96) CROSS, SIDE, BEHIND, SIDE, DRAG LEFT, SIDE, BEHIND, SIDE, CROSS UNWIND FULL TURN

LEFT

- 1-2-3 Cross step left over right, Step right to right side, Step left behind right
- 4-5-6 Step right to right side, Drag left towards left for 2 counts
- 1-2-3 Step left to left side, Step right behind left, Step left to left side
- 4-5-6 Cross step right over left, Unwind full turn left on right foot for 2 counts

Tag/Restart: On wall 4 dance the first 24 counts then add the following Tag

BASIC FORWARD, BASIC BACK, STEP FORWARD, SWEEP, RIGHT TWINKLE

- 1-2-3 Step left forward on left, Step right next to left, Step left next to right
- 4-5-6 Step back on right, Step left next to right, Step right next to left
- 1-2-3 Step forward on left, Sweep right from behind to front for 2 counts
- 4-5-6 Cross step right over left, Step left to left side, Step right beside left,

Tag/Restart: On wall 7 dance the first 24 counts then add the following Tag

BASIC FORWARD, BASIC BACK, BASIC 1/2 LEFT, BASIC 1/2 LEFT

- 1-2-3 Step forward on left, Step right next to left, Step left next to right
- 4-5-6 Step back on right, Step left next to right, Step right next to left
- 1-2-3 Step forward on left, Turn 1/2 left stepping back on right, Step left next to right
- 4-5-6 Step back on right, Turn 1/2 left stepping forward on left, Step right next to left

Contact: nathan.gardiner1998@hotmail.co.uk

Hope You Enjoy.....Happy Dancing

Last Update - 21st Aug 2015
