

# Safe in These Arms

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate NC2S  
编舞者: Dee Musk (UK) & Fred Whitehouse (IRE) - August 2017  
音乐: Run to You - Lea Michele : (Album: Places)



#8 Slow Count Intro – Approx 14 seconds - Track Approx 3 mins 39 secs. BPM 64  
Track available from [iTunes.co.uk](https://www.itunes.co.uk)

**Press Sweep, Back, ½ Turn Right, Step L with Full Spiral Turn Right, Run R, L, Step Right, Pivot ¼ Turn Left, Right Cross Side Rock, Left Cross Side Rock.**

- &1,2&      Press forward on L, recover and sweep left to behind R, step back on L, make ½ turn R stepping forward on R.  
3          Step forward on L, unwind a full turn R hooking R in front of L.  
4&          Run forward R, L.  
5,6          Step forward on R, pivot ¼ turn L.  
&7&          Cross R over L, rock L to L side, recover weight to R.  
8&1          Cross L over R, rock R to R side, recover weight to L. (3 o'clock).

**Cross Side, Back Rock, Recover, ½ Turn Left, Back Rock, Recover, Full Turn Right, Chase ½ Turn Right.**

- 2&          Cross R over L, step L to L side.  
3,4          Facing 4.30 rock back on R, recover weight to L.  
&5,6          Make ½ turn L stepping back on R facing 10.30, rock back on L, recover weight to R.  
&7          Travelling forward make ½ turn R stepping back on L, make ½ turn R stepping forward on R.  
&8&          Step forward on L, make ½ turn R facing 4.30, step forward on L. (4.30 o'clock).

**Walk Right, Left, Right, Step L, Pivot ½ Turn Right, ½ Turn R Sweep Right, Back Sweep, Back Hitch Right, Behind ¼ Turn Left.**

- 1,2,3          Walk forward R, L, R. (4.30).  
4&          Step forward on L, make ½ turn R. (10.30).  
5,6,7          Make ½ turn R stepping back on L and sweep R to behind L, step back on R sweeping L to behind R, step back on L and hitch R knee squaring up to 6 o'clock wall.  
8&          Cross step R behind L, make ¼ turn L stepping forward on L. (3 o'clock).

**¼ Turn Left with Basic Nightclub Right, ¼ Turn Right Close, Cross, Sway Right, Sway Left with Drag, Curved Run-around ½ Turn Right.**

- 1,2&          Make ¼ turn L stepping R to R side, step L slightly behind R, cross R over L.  
3,4&          Make ¼ turn R stepping back on L, close R beside L, cross L over R.  
5,6          Sway R, sway L dragging R to beside L keeping weight on L.  
7&8          Turning ½ curved turn R, run R, L, R. (9 o'clock).

**Relax and Enjoy**

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