

Keep You Safe

拍数: 32 墙数: 4 级数: High Improver
编舞者: Kimberly Köhler (DE) - May 2025
音乐: Keep You Safe - Sarah Engels



Intro: 8 Counts
2 Tag, 2 Restart

Section 1: Side Rock, Behind-Side-Cross, Side Rock, Behind-Side-Step (1-8)

1-2 Step right to the side, recover weight onto left
3&4 Step right behind left, step left to the side, cross right over left
5-6 Step left to the side, recover weight onto right
7&8 Step left behind right, step right to the side, step left forward
Restart in wall 4 (3:00) and 8(6:00)

Section 2: 2x Shuffle (r,l), rock step, ball rock step with sweep (9-16)

1&2 stepping Right forward. Close Left beside Right. Step Right forward
3&4 stepping Left forward. Step Right beside Left. Step forward on Left.
5-6 rock right forward. Recover weight on left
&7-8 close right beside right, rock Left forward. Recover weight on Right with sweeping left from front to back

Section 3: 2x back sweep(r,l), Shuffle back, back rock, ½ turn, ¼ turn (17-24)

1-2 step Left back with sweeping right from front to back, step right back with sweeping Left from front to back
3&4 step Left back, close right next to Left, step Left back
5-6 Rock Right back behind Left. Recover forward on Left.
7-8 turn ½ over Left stepping Right back, Turn ¼ Left stepping Left to the side

Section 4: Jazz Box with touch, out out in Cross, ½ turn (25-32)

1-2 Cross right over Left, step Left back
3-4 step right to the side, touch Left beside right
&5-6 step Left diagonal forward, step Right diagonal forward, hold
&7-8 step Left back to the middle, Cross right over Left, Turn ½ over Left (Weight is on Left)

Tag 8 Counts after Wall 2 (6:00) and 6 (9:00)

Nightclub Basic 4x (r,l,r,l)

1-2& step right to the side, back ,cross
3-4& step left to the side, back ,cross
5-6& step right to the side, back ,cross
7-8& step left to the side, back ,cross

Ending: Turn ¾ from 9:00 to 12:00 instead of the ½ turn from Counts &7-8 in the end

Last Update: 6 Jun 2025