

Safety Net

COPPER KNOB
STEPPERS

拍數: 40 牆數: 4 級數: Phrased Beginner
編舞者: Liz Atkinson (USA) - April 2025
音樂: Safety Net - Bea and her Business



The steps to this dance are beginner level, but the structure is a little more challenging, therefore it is labeled Improver.

The sequence is ABAA, ABAA, ABAA, A
#16 count introduction

PART A

S1: TOE STRUT X2, ROCK STEP, TRIPLE BACK

1, 2, 3, 4 Touch R toe fwd, step down on RF, touch L toe fwd, step down on LF
5, 6, 7 & 8 Rock RF fwd, rcvr LF, triple back RF-LF-RF

S2: BACK TOE STRUT X2, ROCK STEP, TRIPLE FWD

1, 2, 3, 4 Touch L toe bk, step down on LF, touch R toe bk, step down on RF
5, 6, 7 & 8 Rock LF bk, rcvr RF, triple fwd LF-RF-LF

***Restart here on wall 5, facing 12:00**

S3: VINE R TO A CROSS, LINDY R

1, 2, 3, 4 Step RF to R side, step LF behind RF, step RF to R side, cross LF over RF
5 & 6, 7, 8 RF to R side, LF beside RF, RF to R side, rock bk on LF, rcvr RF

S4: VINE L 1/4L SCUFF, ROCKING CHAIR

1, 2, 3, 4 Step LF to L side, step RF behind LF, step LF 1/4L, scuff R heel (9:00)
5, 6, 7, 8 Rock RF fwd, rcvr LF, rock RF back, rcvr LF

PART B: 8 counts, 3X, always at 9:00

STEP, SWEEP, STEP, SWEEP, JAZZ BOX 1/4R (REPEAT 2 MORE TIMES TO 6:00)

1, 2, 3, 4 Step RF fwd, sweep LF back to front, step LF fwd, sweep RF back to front
5, 6, 7, 8 Cross RF over LF, 1/4R step back on LF, step RF to R side, step LF fwd

***Part B is always done at 9:00 wall, and Part A is always done at 12:00, 6:00, and 3:00**

***There is a restart after 16 counts on wall 5, facing 12:00**

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Last Update - 30 Apr. 2025 - R1