

## Be Safe And Sound

Phrased, 48 Count, 4 Wall, Improver

Choreographer: Roly Ansano (USA), Sep 2013

Choreographed to: Safe And Sound by Capital Cities  
(4.32 min)

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Intro: 32 counts - Seq: AAA-AB-ABB-AAAAA-BBBB-AA

### Part A (32)

#### 1-8 FORWARD STEPS, HEEL-AND-STEP, HEEL-AND-STEP, ROCK STEP

- 1-2 Step R forward, step L forward
- 3&4 Touch R heel forward, step R together, step L forward
- 5&6 Touch R heel forward, step R together, step L forward
- 7-8 Rock R forward, recover to L

#### 9-16 BACK STEPS, COASTER STEP, STEP-TURN, CROSS-SHUFFLE

- 1-2 Step R back, step L back
- 3&4 Cross R behind L, step L together, step R forward
- 5-6 Step L forward, pivot 1/4 right
- 7&8 Cross L over, step R to side, cross L over

#### 17-24 SIDE-CLOSE, SHUFFLE, SIDE-CLOSE, SHUFFLE

- 1-2 Step R to side, step L together
- 3&4 Shuffle back on R,L,R
- 5-6 Step L to side, step R together
- 7&8 Shuffle forward on L,R,L

#### 25-32 STYLIZED STEP-TOUCH STEPS, FORWARD SHUFFLE

- 1-2 Step R forward, bending knees; touch L to side & unbend
- 3-4 Step L back, bending knees; touch R to side & unbend
- 5-6 Step R back, bending knees; touch L to side & unbend
- 7&8 Shuffle forward on L,R,L

### Part B (16)

#### 1-8 ROCK STEP, 1/4 RIGHT CHASSE, OUT-OUT STEPS

- 1-2 Rock R forward, recover to L
- 3&4 Turn 1/4 right and chasse to side on R,L,R
- 5-6 Step L out to side, step R out to side
- 7-8 Step L out to side, step R out to side

#### 9-16 ROCK STEP, SHUFFLE, BACK-UNWIND, OUT-OUT

- 1-2 Rock L forward, recover to R
- 3&4 Shuffle back on L,R,L
- 5-6 Cross R behind L, unwind 1/4 right (weight to L)
- 7-8 Step R out to side, step L out to side

STYLING: At each OUT-OUT step, throw corresponding arm out-out