

Safe and Sound

music: Capital Cities

level: Easy Intermediate

sequence: A B A B A2 C B A B

choreography: Sarah Dwight-Gilroy (2013)

email: loudfeetdancer@gmail.com

youtube: loudfeetdancer

Wait 32 counts

A (32 counts)

(8) / Bonanza DS-DS(*xf*)-Dt Sl-Dt Sl-DS(*xb*)-RS-DS-Br Sl
2
(4) \ Joey DS(*ots*)-St(*xb*) St(*ots*)-St(*ots*) St(*xb*)-St(*ots*) St(*ots*)
(4) \ Mountain Goat DS-St(*xf*) St(*xb*)-St(*ots*) St(*xf*)-St(*xb*) Sl

B (16 counts)

(4) / Slur Brush DS-Slur St-DS-Br Sl (1/2 L)
2
(4) \ Rock Three DS-RS(*b/ots*)-RS(*xb*)-RS(*b/ots*)

A repeat (32 counts)

(8) / Bonanza
2
(4) \ Joey
(4) \ Mountain Goat

B repeat (32 counts)

(4) / Slur Brush
4
(4) \ Rock Three

A2 (32 counts)

(8) / Slur Bonanza DS-Slur St(*xb*)-Dt Sl-Dt Sl-DS(*xb*)-RS-DS-Br Sl
2
(4) \ Joey
(4) \ Mountain Goat

C (32 counts)

(32) 4 Cowboys DS-DS-DS-Br Sl(1/4 L)-DS-RS-RS-RS

B repeat (32 counts)

(4) / Slur Brush DS-Slur St-DS-Br Sl (1/4 L)
4
(4) \ Rock Three

A repeat (64 counts)

(8) / Bonanza
4
(4) \ Joey
(4) \ Mountain Goat

B repeat (64 counts)

(4) / Slur Brush
8
(4) \ Rock Three