

# Safe in These Arms



**Count:** 32     **Wall:** 4     **Level:** Intermediate NC2S

**Choreographer:** Dee Musk (UK) Fred Whitehouse (IRL). August 2017

**Music:** '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.apple.com/itunes)

## **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**

**Contacts: deemusk@btinternet.com and fred\_whitehouse@hotmail.com**

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