

# Safe in These Arms

**COPPER KNOB**  
BY CONNECT

**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.itunes.co.uk)

**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](mailto:deemusk@btinternet.com) and [fred\\_whitehouse@hotmail.com](mailto:fred_whitehouse@hotmail.com)