

Intermediate
Alternative
Line; left lead

SAFE AND SOUND
Capital Cities

itunes / 3:12
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WAIT 16 counts

(16) 4 Step Doubles ¼ left each

A

(8) ----- 1 Rooster Heel Rock left/ right

(4) 2 1 Toevine

(4) ----- 1 Double Rock 2

B

(16) 2 Samanthas TURN --½ Right each

REPEAT : A

B PLUS

(8) ----- 1 Samantha Turn ½ right

(4) 2 1 Triple Brush forward

(4) ----- 1 Rockback

C

(8) ----- 1 Slur Vine

(8) 2----- 2 Roundouts

(13) 1 Crossover Rock Sequence

(3) 1 Double

(16) 1 Electric Slide

D

(8) ----- 1 Rockslurs & Pivot ½ Left

(8) 2----- 1 Bonanza

A

(8) ----- 1 Rooster Heel Rock left/ right

(4) 2 1 Toevine

(4) ----- 1 Double Rock 2

A

(8) ----- 1 Rooster Heel Rock left/ right

(4) 2 1 Toevine

(4) ----- 1 Double Rock 2

B PLUS

(8) ----- 1 Samantha Turn ½ right

(4) 2 1 Triple Brush forward

(4) ----- 1 Rockback

D

(8) ----- 1 Rockslurs & Pivot ½ Left

(8) 2----- 1 Bonanza

next page for steps

STEP DOUBLE

S DS DS RK S
L R L R L

ROOSTER HEEL ROCK

DS DS(XF) TOE(OS) TOE(XB) TOE(OS) HE(F) pause S RK S "Basic"
L R L R L R L R L R
&1 &2 & 3 & 4 & 5 & 6 &7&8

DOUBLE ROCK 2

[Fancy Double]

TOEVINE

[Joey]

SLUR VINE

DS SLUR(XB) DS(OS) DS(XF) DS(OS) SLUR(XB) "Basic "
L R L R L R L
&1 & 2 &3 &4 &5 &6 &7&8

ROUNDOUT

DS TOE-HEEL(XF) TOE-HEEL(B) TOE-HEEL(OS)
R L L R R L L

CROSSOVER ROCK SEQUENCE

DS DT(XF) H DT(OS) H RK-S RK-S DT(XF) H DT(OS) H RK-S RK-S DT(XF) H
L R L R L R L R L R L R L R L R L

DT(OS) H RK-S RK-S
R L R L R L

ELECTRIC SLIDE

"PUSHOFF" Right and Left (8 cts) THEN ADD:

3 STEPS (back; R/L/R) TCH(F) STEP(F) TCH(B) STEP(B) TCH(F)
L L R R L
&1 &2 &3 & 4 & 5 & 6 & 7 & 8

ROCKSLURS & PIVOT

RK HE(F) SLUR(F tog) RK HE(F) SLUR(F tog) RK TOE(F & pivot 1/2 L) S "Basic"
L R L R L R L R L R L R
& 1 &2 & 3 &4 & 5 & 6 &7&8

BONANZA

DS DS DTH DTH DS TOE S DS BR H
L R L R L R L R L R L R