

# Safe and Sound by Capital Cities

Int+/Adv

Choreography by Brianna Cassisi of Speed City Cloggers

Wait 16 beats, begin with left foot.

## Intro:

Step RS(ib) RS(if) Swith-Up DTS RS Brush Kick Kick Rhythm step  
L RL RL R/L L L RL R R R

Step(across in front) RS(ots) Br-Up Hop Toe step (turning 360 to R) Switch-Up  
R LR L L R R L/R R

DTS RS Br-Up  
R LR L

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## Part A:

Stomp Dt-Up DTS RS DT-Up DTS DTS RS Mountain Basic  
L R R LR L L R LR

DTS RS RS RS(moving backwards to the L) DTS RS RS RS(Backwards to the R) 2 Chains  
L RL RL RL R LR LR LR

DTS DT(xif) DT(unX) RS Toe-Slide DTS DTS RS High Horse  
L R R RL R L R LR

DTS RS(xif) RS(ots) DTS RS(ots) DTS DTS RS Cross Rock  
L RL RL R LR L R LR

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## Part B:

DTS Br-Up Hop Toe Step Switch-Up  
L R R L L R/L L

DTS DTS R-Heel(turning ¼ to L) Step  
L R L L

Stomp DTS DTS RS Stomp Double  
R L R LR

DTS DT(b) (turn to R) Step Kick Polly Wolly Turn  
L R R L

**\*First time through, turn Polly Wolly ¼ to front – otherwise turn to back and repeat sequence\***

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**Repeat all of Part A**

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**Repeat all of Part B**

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**Repeat all of Part A**

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## Bridge:

DTS DT(if) Step DT(ots) Step DT(if) Step DTS DTS DTS RS Challenge Step  
L R L R L R L R L R LR & a Triple

DTS Hop Toe Step Hop Toe Step Hop Toe Step Switch-Up Gallop  
L R L L R L L R L L R/L L

DTS DTS RS Kick(turning ½ to R) Double Basic Kick  
L R LR L

# **Safe and Sound by Capital Cities (cont'd)**

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## **Part C:**

DTS Slide SRS Slide SRS    DTS DTS RS  
L    L    RLR    R    LRL       R    L    RL

Skate  
& a Double Basic

DTS Slur(in front, turning ½ to R) Step    DTS RS  
R    L          L       R    LR

Slur & a Basic

DTS DTS RS Kick  
L    R    LR    L

Double Basic Kick

**\* Repeat entire sequence to face front \***

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**Repeat all of Part A**

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**Repeat all of Part A**

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**Repeat all of Part B**

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**Repeat all of Part C**

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