



THE SAFETY DANCE

Choreographers:	Release date: September 2006
Annette & Frank Woodruff	Rhythm & Phase: Cha Cha IV+1 (Cuban Break) + 1 (Kick to 4)
Rue du Camp, 87	Music: Several "Men without Hats" CDs or MP3 file on request.
7034 Mons, Belgium	Time & Speed: shortened to 3:26 @ CD speed + 2%
Tel: 00 32 65 73 19 40	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
annetteandfrank@gmail.com	Sequence: Intro-A-B1-C-B2-D-EE-F-B1-A-B2-Ending

INTRODUCTION

1 - 2	Wait w/ Hip Bumps;;	Facg ptr & WALL hnds on hips L ft fwd in slt press line wt 2 meas markg rhythm w/ small R hip bumps;;
3 - 4	Alemana;;	Jng ld hnd fwd L, rec R, ip L/R, L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>); XRib, rec L to fc ptr, sd R/cl L, sd R (<i>W fwd L & swvl sharply RF, brushg R against L fwd R contg RF trn, fwd L/cl R, sd L to fc ptr</i>) to mom BFLY;
5 - 7	Hand to Hand 3x;;;	XLib to OP LOD, rec R to BFLY, sd L/cl R, sd L; XRib to LOP RLOD, rec L to BFLY, sd R/cl L, sd R; XLib to OP LOD, rec R to BFLY, sd L/cl R, sd L;
8	Spot Turn;	XRif (<i>W Xif</i>) trng 1/2 LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL;

PART A

1 - 2	Sandstep 2x;;	Tch L toe w/ knee veered in, tch L heel w/ knee veered out, XLif/sd R, XLif; tch R toe w/ knee veered in, tch R heel w/ knee veered out, XRif/sd L, XRif; [<i>W Xif everywhere</i>]
3	Traveling Door;	Rk sd L, rec R, XLif (<i>W Xif</i>)/sd R, XLif (<i>W Xif</i>);
4	Cucaracha R;	Sd R w/ partial wgt, rec L, ip R/L, R;

PART B1

1	Kick to 4;	Kick thru L to RLOD, swvl LF on R ft bendg L leg w/ L heel on insd of R knee to OP LOD, fwd L/lk Rib, fwd L;
2	Walk;	Fwd R, L, fwd R/lk Lib, fwd R;
3	Slide the Door;	Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif to LOP LOD;
4	Apart Recover Cuban Break to BFLY;	Sd apt R, rec L trng to fc ptr, XRif to BFLY/rec L, sd R;

PART C

1 - 2	Basic;;	Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
3 - 5	Chase ¾;;;	Fwd L trng ¼ RF, rec R trng ¼ RF, fwd L/cl R, fwd L (<i>W bk R, rec L, fwd R/cl L, fwd R</i>) to TAND WALL; fwd R trng ¼ LF, rec L trng ¼ LF, fwd R/cl L, fwd R (<i>W fwd L trng ¼ RF, rec R trng ¼ RF, fwd L/cl R, fwd L</i>) to TAND COH; fwd L, rec R, bk L/cl R, bk L (<i>W fwd R trng ¼ LF, rec L trng ¼ LF, fwd R/cl L, fwd R</i>) to LOP-FCG COH;
6	Whip;	Bk R trng ¼ LF, rec L trng ¼ LF, sd R/cl L, sd R (<i>W fwd L reachg in frt of M startg LF trn, fwd & sd R contg LF trn to fc M, sd L/cl R, sd L</i>) to BFLY WALL;
7 - 8	Crab Walks;;	Twd RLOD XLif, sd R, XLif/sd R, XLif; sd R, XLif, sd R/cl L, sd R;
9 - 10	Fence Line 2x	XLif (<i>W XIF</i>)w/ bent knee, rec R, sd L/cl R, sd L; XRif w/ bent knee, rec L, sd R/cl L, sd R;

PART B2

1	Kick to 4;	Kick thru L to RLOD, swvl LF on R ft bendg L leg w/ L heel on insd of R knee to OP LOD, fwd L/lk Rib, fwd L;
2	Walk;	Fwd R, L, fwd R/lk Lib, fwd R;

3	Slide the Door;	Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif to LOP LOD;
4	Apart Recover Cha to L-Hnd STAR;	Sd apt R, rec L , ip R/L, R (<i>W trn 1/2 RF L/R, L</i>) to a L-Hnd STAR ;
5 - 8	Umbrella Turn;;;	Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R (<i>W fwd L trng 1/2 RF undr jnd hnds, rec R, fwd L/cl R, fwd L</i>); fwd L, rec R, bk L/cl R, bk L (<i>W fwd R trng 1/2 LF undr jnd hnds. rec L, fwd R/cl L, fwd R</i>); bk R, rec L trng 1/4 LF to fc ptr, sd R/cl L, sd R to BFLY WALL (<i>fwd L trng 3/4 RF undr jnd hnds, rec R to fc ptr, sd L/cl R, sd L</i>);

PART D

1 - 3	Chase 3/4;;;	Rpt meas 3-8 Part C;;;
4	Whip;	
5 - 6	Crab Walks;;;	
7	New Yorker;	Thru L w/ straight leg trng to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L;
8	Spot Turn;	XRif (<i>W Xif</i>) trng 1/2 LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL;
9 - 12	Back Break to Triple Cha Forward & Back;;;	XLib to OP LOD, rec R, trng sltly twd ptr fwd L/lk Rib, fwd L; trng sltly away from ptr fwd R/lk Lib, fwd R, trng sltly twd ptr fwd L/lk Rib, fwd L; fwd R, rec L, trng sltly twd ptr bk R, lk Lif, bk R; trng sltly away from ptr bk L/ lk Rif, bk L, trng sltly twd ptr bk R, lk Lif, bk R;
13	Hand to Hand;	XLib to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL;
14 - 15	Crab Walks;;;	XRif, sd L, XRif/sd L, XRif; sd L, XRif, sd L/cl R, sd L;
16	Underarm Turn;	Raisg jnd ld hnds XRib, rec L to fc ptr, sd R/cl L, sd R (<i>W XLif trng RF undr jnd hnds, rec R contg RF trn, contg trn sd L/cl R, sd L overtrng to end on M's R sd</i>);
17 - 18	Into Lariat;;;	Raisg jnd ld hnds sd L w/ partial wgt, rec R, ip L/R, L (<i>W undr jnd ld hnds circ RF arnd M R, L, R/L, R</i>); sd R w/ partial wgt, rec L, ip R/L, R (<i>W cont circ arnd M L, R, L/R, L</i>) to LOP-FCG WALL;
19	Reverse Underarm Turn;	Raisg jnd ld hnds XLif, rec R, sd L/cl R, sd L (<i>W XRif trng LF undr jnd ld hnds, fwd L cont LF trn, sd R/cl L, sd R to face M</i>);
20	Spot Turn to Face No Hands;	XRif (<i>W Xif</i>) trng 1/2 LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to fc ptr w/ hnds on hips

PART E

1	Vine 2 Face to Face;	Sd L, XRib (<i>W Xib</i>), sd L/cl R, trng 1/2 LF sd & fwd L to BK-TO-BK; ;
2	Vine 2 Side Draw Close;	Sd R, XLib (<i>W Xib</i>), sd R, draw & cl L [ld w/ R hip on "sd" clap on "cl"];
3	Vine 2 Back to Back;	Sd R, XLib (<i>W Xib</i>), sd R/cl L, trng 1/2 RF sd & fwd R to fc ptr hnds on hips, -;
4	Vine 2 Side Draw Close;	Sd R, XLib (<i>W Xib</i>), sd R, draw & cl L [ld w/ L hip on "sd" clap on "cl"];

PART F

1 - 2	Cucaracha 2x ;;	In LOW BFLY sd L w/ partial wgt, rec R, sip L/R, L; sd R w/ partial wgt, rec L, sip R/L, R;
3	1/2 Basic;	Fwd L, rec R, sd L/cl R, sd L;
4	Aida;	Thru R, sd L trng RF, bk R/lk Lif, bk R to V-BK-TO-BK;
5	Switch Cross;	Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (<i>W Xif</i>)/sd R, XLif (<i>W Xif</i>);
6	Crab Walk Ending;	Sd R, XLif, sd R/cl L, sd R;
7 - 8	Fence Line 2x;;;	XLif (<i>W XIF</i>)w/ bent knee, rec R, sd L/cl R, sd L; XRif w/ bent knee, rec L, sd R/cl L, sd R;

ENDING

1 - 2	Alemana;;;	Rpt meas 3-4 Introduction;;;
3	Hand to Hand with a Cha Cha Point;	XLib trng to OP LOD, rec R to BFLY WALL, sd L, cl R/pt L to LOD;



"The Safety Dance" was the first and biggest-selling single by the 1980s synth pop group **Men Without Hats**. Group member Stefan Doroschuk said in an online interview that "The Safety Dance" is about nonconformism and everyone's ability to leave their friends behind and strike out on their own. The group re-formed and is making a come back with this song exactly 20 years after it first came out.

THE SAFETY DANCE – WOODRUFF – CH IV+1+1 – 3:26 – MEN WITHOUT HATSINTRO (8 meas)

Fcg Ptr & WALL Hands on Hips, 1d ft fwd wait 2 w/ small hip bumps ;;
Alemana ;; Hand to Hand 3x ;;; Spot Turn to BFLY ;

PART A (4 meas)

Sand Step 2x ;; Traveling Door ; Cucaracha R ;

PART B1 (4 meas)

Kick to 4 to OP ; Walk ; Slide the Door ; Apt Rec to BFLY Single Cuban ;

PART C (10 meas)

Basic ;; Chase $\frac{3}{4}$;;;
Whip ; Crab Walks ;; Fence Line 2x ;;

PART B2 (8 meas)

Kick to 4 to OP ; Walk ; Slide the Door ; Apt Rec & Cha to L/H STAR ;
Umbrella Turn ;;;

PART D (20 meas)

Chase $\frac{3}{4}$;;; Whip ;
Crab Walks ;; New Yorker ; Spot Turn ;
Break to Triple Cha Fwd & Bk ;;;
Hand to Hand ; Crab Walks ;; Underarm Turn into a Lariat ;;;
Rev Underarm Turn ; Spot Turn to Fc No Hands ;

PART E (4 meas)

Vine 2 Fc to Fc ; Vine 2 Sd Draw Close/Clap ; Vine 2 Bk to Bk ;
Vine 2 Sd Draw Close/Clap ;

PART E (4 meas)

Vine 2 Fc to Fc ; Vine 2 Sd Draw Close/Clap ; Vine 2 Bk to Bk ;
Vine 2 Sd Draw Close/Clap ;

PART F (8 meas)

Cucaracha L & R ;; $\frac{1}{2}$ Basic ; Aida ;
Switch Cross ; Crab Walk Ending ; Fence Line 2x ;;

PART B1 (4 meas)

Kick to 4 to OP ; Walk ; Slide the Door ; Apt Rec to BFLY Single Cuban ;

PART A (4 meas)

Sand Step 2x ;; Traveling Door ; Cucaracha R ;

PART B2 (8 meas)

Kick to 4 to OP ; Walk ; Slide the Door ; Apt Rec & Cha to L/H STAR ;
Umbrella Turn ;;;

ENDING (3 meas)

Alemana ;; Hand to Hand w/a Cha Cha Point ;