THE SAFETY DANCE

Choreographers: Annette & Frank Woodruff
Music: Several “Men without Hats” CDs or MP3 file on request.
Footwork: Opposite except where indicated (W’s footwork in parentheses)
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Phase: IV+1 (Cuban Break) + 1 (Kick to 4)
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Time & Speed: shortened to 3:26 @ CD speed + 2%


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 (W bk R, rec L, fwd R/cl L, fwd R); XRib, rec L to fc ptr, sd R/cl L, sd R (W fwd L & swvl sharplyRF, brushg R against L fwd R contg RF trn, fwd L/cl R, sd L to fc ptr) to mot 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 (W Xi) 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; [W Xi everywhere]
3 Traveling Door; Rk sd L, rec R, XLif (W Xi)/sd R, XLif (W Xi);
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 Llk Rib, fwd L;
2 Walk; Fwd R, L, fwd Rlk Lib, fwd R;
3 Slide the Door; Sd apt L, rec R, relg hnds & chg sd bhd W XLif/sd R, XLif (W Xi); Sd apt R, rec L trng to fc ptr, XRif (W Xi) 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 ¾ RF, rec R trng ¾ RF, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R) to TAND WALL; fwd R trng ¾ LF, rec L trng ¾ LF, fwd R/cl L, fwd R (W fwd L trng ¾ RF, rec R trng ¾ RF, fwd L/cl R, fwd L) to TAND COH; fwd L, rec R, bk L/cl R, bk L (W fwd R trng ¾ LF, rec L trng ¾ LF, fwd R/cl L, fwd R) to LOP-FCG COH;
6 Whip; Bk R trng ¾ LF, rec L trng ¾ LF, sd R/cl L, sd R (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) 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 (W Xi)/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 Llk Rib, fwd L;
2 Walk; Fwd R, L, fwd Rlk Lib, fwd R;
THE SAFETY DANCE (Woodruff)

PART D

1 - 3 Chase ¾;;;
4 Whip;
5 - 6 Crab Walks;;
7 New Yorker;
8 Spot Turn;
9 - 12 Back Break to Triple Cha Forward & Back;;;;;
13 Hand to Hand;
14 – 15 Crab Walks;;;
16 Underarm Turn;
17 - 18 Into Lariat;;
19 Reverse Underarm Turn;
20 Spot Turn to Face No Hands;

PART E

1 Vine 2 Face to Face;
2 Vine 2 Side Draw Close;
3 Vine 2 Back to Back;
4 Vine 2 Side Draw Close;

PART F

1 - 2 Cucaracha 2x ;;
3 ¾ Basic;
4 Aida;
5 Switch Cross;
6 Crab Walk Ending;
7 - 8 Fence Line 2x;;

ENDING

1 – 2 Alemana;;
3 Hand to Hand with a Cha Cha Point;

"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.