

You Can't Escape

Count: 48

Wand: 2

Ebene: Improver

Choreograf/in: Trent Cummings (USA) & Mary Cummings (USA)

Musik: My Girl Josephine - Queen Ida



SIDE, HOLD, ROCK BACK, ROCK FORWARD, SIDE, HOLD, ROCK BACK, ROCK FORWARD

- 1-2 Step on the ball of the right foot to right side, hold
3-4 Bring right heel to floor, as you cross rock back on left, recover weight onto right
5-6 Step on the ball of the left foot to left side, hold
7-8 Bring left heel to floor, as you cross rock back on left, recover weight onto right

2 TOE STRUTS FORWARD, HEEL GRIND, STEP BACK, BACK

- 9-10 Step right toe forward, lower right heel to floor
11-12 Step left toe forward, lower left heel to floor
13-14 Place right heel forward, grind right heel arching right
15-16 Step back right, step back left

2 TOE STRUTS BACK, ROCK BACK, ROCK FORWARD, STEP ¼ PIVOT

- 17-18 Step right toe back, lower right heel to floor
19-20 Step left toe back, lower left heel to floor
21-22 Rock back on right, recover weight onto left
23-24 Step forward on right, pivot ¼ turn left on balls of feet, placing weight on left

CROSS TOE/HEEL, SIDE TOE/HEEL, STEP ½ PIVOT, STEP, HOLD (CLAP)

- 25-26 Cross touch right toes over left foot, press right heel down
27-28 Touch left toes to left side, press left heel down
29-30 Step forward on right, pivot ½ turn left on balls of feet, placing weight on left
31-32 Step forward on right, hold for one beat while clapping hands once

WALK, WALK, ROCK FORWARD, ROCK BACK, ¾ TURN TRIPLE STEP, WALK, WALK

- 33-34 Walk forward on left, walk forward on right
35-36 Rock forward on left, recover weight onto right
37&38 Turning triple step ¾ turn to the left stepping left-right-left
39-40 Walk forward on right, walk forward on left

4 HEEL TOUCHES WITH SLIGHT KNEE BENDS

- 41 Bend both knees slightly, then back up, as you touch right heel forward
42 Bend both knees slightly, as you bring right back to center
43 Bring both knees back up, as you touch left heel forward
44 Bend both knees slightly, as you bring left back to center
45 Bring both knees back up, as you touch right heel forward
46 Bend both knees slightly, as you bring right back to center
47 Bring both knees back up, as you touch left heel forward
48 Bend both knees slightly, then back up, as you bring left back to center, placing weight on left

REPEAT
