

Prison Break

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Rachael McEnaney (USA) - November 2007

Musik: Jailhouse Rock - The Blues Brothers



Count In: 32 counts from start of track.

(1 – 16) Heel strut rock step, heel strut rock step, Cross hold, back side cross, hold, rock step with 1/4 turn

1 - 4 Touch right heel forward (1), drop right toe to floor taking weight (2), rock left to left side (3), recover weight to right (4) [12.00]

5 - 8 Touch left heel forward (5), drop left toe to floor taking weight (6), rock right to right side (7), recover weight to left (8) [12.00]

1 - 4 Cross right over left (1), hold (2), step back on left (3), step right to right side (4), [12.00]

5 - 8 Cross left over right (5), hold (6), rock right to right side (7) recover weight to left making 1/4 left (8) [9.00]

(17 – 32) 1/2 Pivot turn, 2 runs, step touch, step touch, step touch, rock forward, run back.

1 - 4 Step forward on right (1), hold (2), step forward on left (3), pivot 1/2 turn right (4) [3.00]

5 - 8 Step forward on left (5), hold (6), step forward on right (7), step forward on left (8) [3.00]

1 - 4 Step forward on right (1), touch left next to right (2), step forward on left (3), touch right next to left (4) [3.00]

5 - 8 Rock forward on right (5), recover weight onto left (6), step back on right (7), step back on left (8) [3.00]

(32 – 48) Big step back, hold, back rock, 2 toe struts, lindy rock step kick step, rock step kick step

1 - 4 Take big step back on right (1), hold (2), rock back on left (3), recover weight onto right (4) [3.00]

5 - 8 Touch left toe forward (5), drop left heel to floor taking weight (6), touch right toe forward (7), drop right heel to floor (8) [3.00]

1 - 2 Rock back on left foot (angle body to right diagonal) (1), recover weight onto right (2) [4.30]

3 - 4 Kick left to right diagonal (3) step in place and slightly forward with left (4) [4.30]

5 - 6 Rock back on right foot (angle body to left diagonal) (5), recover weight on left making 1/4 turn left (face front) (6) [1.30]

7 - 8 Kick right foot forward (7), step in place with right (8) [12.00]

(49 – 64) Diagonal step touch, touch out in, diagonal step touch, touch out in, kick behind side cross x2 (2nd with 1/4)

1 - 4 Step left to left diagonal (1), touch right next to left (2), touch right to right side (3), touch right next to left (4) [12.00]

5 - 8 Step right to right diagonal (5), touch left next to right (6), touch left to left side (7), step left next to right (8) [12.00]

1 - 4 Kick right to right diagonal (1), cross right behind left (2), step left to left side (3), cross right over left (4) [12.00]

5 - 8 Kick left to left diagonal (5), cross left behind right (6), make 1/4 turn right stepping forward right (7), step forward left (8) [3.00]

START AGAIN, HAVE FUN!