

Sweet Escape

Count: 64

Wall: 4

Level: Intermediate nightclub

Choreographer: Dougie D (UK)

Music: The Sweet Escape - Gwen Stefani



FORWARD ROCK TWICE, SHUFFLE BACK TWICE

- 1-2& Rock forward on right, recover on left, step right beside left
- 3-4 Rock forward on left, recover on right
- 5&6 Shuffle back, left, right, left
- 7&8 Shuffle back, right, left, right

SIDE ROCK, CROSS HOLD TWICE

- 1-2 Rock left out to left side, recover on right
- 3-4 Cross left over right, hold for one count
- 5-6 Rock right out to right side, recover on left
- 7-8 Cross right over left, hold for one count

LONG STEP TO LEFT, SLIDE RIGHT TO LEFT, CROSS MAMBO, WALK BACK TWICE, COASTER STEP

- 1-2 Long step to left side on left, slide right beside left
- 3&4 Cross right over left recover on ;left step right to right side
- 5-6 Walk back on left, walk back on right
- 7&8 Step back on left, step right beside left, step forward on left, (transfer weight to right)

CROSS STEP, SIDE STEP, SAILOR HEEL TWICE

- 1-2 Cross left over right, step right to right side
- 3&4& Cross left behind right, step right to right side, step left heel beside right, step left in place
- 5-6 Cross right over left, step left to left side
- 7&8& Cross right behind left, step left beside right, step right heel beside left, step right in place

CROSS STEP AND HOLD TWICE, STEP FORWARD (FACING 3:00) ½ TURN, COASTER STEP

- 1-2& Cross left over right, hold for one count, step right behind left
- 3-4 Cross left over right, hold for one count
- 5-6 Step to side on right with ¼ turn right (facing 3:00) turn ½ left (facing 9:00)
- 7&8 Step back on left, step right beside left, step forward on left

KICK BALL CHANGE, ¼ LEFT TURN TWICE

- 1&2 Kick right leg forward, step right beside left, step left in place
- 3-4 Step right to right side, pivot ¼ turn left
- 5-8 Repeat 1&2, 3-4

ROCK FORWARD, ROCK BACK, SHUFFLE ½ TURN TWICE

- 1-2 Rock forward on right, recover on left
- 3&4 Shuffle ½ turn right: right, left, right
- 5-6 Rock forward on left, recover on right
- 7&8 Shuffle ½ turn left: left, right, left

STEP & POINT TWICE, ½ TURN COASTER STEP

- 1-2 Cross right over left, point left toe to left side
- 3-4 Cross left over right point right toe to left side
- 5-6 Cross right over left, pivot ½ turn left
- 7&8 Step back on left, step right beside left, step forward on left

REPEAT
