

The Escape

拍数: 128

墙数: 2

级数: Phrased Intermediate - Novelty
(Social only)



编舞者: Cato Larsen (NOR) - May 2014

音乐: The Escape - Chris de Burgh : (CD: Chris de Burgh - Moonfleet & Other Stories - 2010)

Intro: Start the dance at vocal after 32 counts (55 seconds).

Part A: Verse – 38 counts.

[1 – 8] Cross Rock, Ball-Cross, Side, Sailor ¼ turn, Step, Sweep ¼ turn.

- 1,2 Cross left over right (1), Rock (recover) weight back again onto right (2). 12:00
& Step left slightly to left side (&).
3,4 Cross right over left (3), Step left to left side (4).
5&6 Cross right behind left (5), Pivot ¼ turn right Stepping left next to left (&), Step forward on right (6). 3:00
7,8 Step forward on left (7), Pivot ¼ turn left by Sweeping right foot counter clockwise (8). 12:00

[9 – 16] Cross Rock, Ball-Cross, Side, Sailor ¼ turn, Step, Sweep ¼ turn.

- 1,2 Cross right over left (1), Rock (recover) weight back again onto left (2).
& Step right slightly to right side (&).
3,4 Cross left over right (3), Step right to right side (4).
5&6 Cross left behind right (5), Pivot ¼ turn left Stepping right next to left (&), Step forward on left (6). 9:00
7,8 Step forward on right (7), Pivot ¼ turn right by Sweeping left foot clockwise (8). 1:30

[17 – 24] Walk forward diagonally, Ball-Step, ½ turn, Rock Step, Side Rock, Behind, ¼ turn.

- 1,2& On a right diagonal; Walk forward left (1), Walk forward right (2), Step left next to right (&). 1:30
3,4 Step forward on right (3), Pivot ½ turn left (4). 7:30
5& Step forward on right (5), Rock (recover) weight back again onto left (&). 7:30
6& Square up to 9 O'clock Stepping forward on right (6), Rock (recover) weight back again onto left (&). 9:00
7,8 Cross right behind left (7), Pivot ¼ turn left Stepping forward on left (8). 6:00

[25 – 32] Rock Step, Ball-Step, ¼ turn, Weave,

- 1,2& Step forward on right (1), Rock (recover) weight back again onto left (2), Step right next to left (&).
3,4 Step forward on left (3), Pivot ¼ turn right (4). 9:00
5,6 Cross left over right (5), Step right to right side (6).
7,8 Cross left behind right (7), Pivot ¼ turn right Stepping forward on right (8). 12:00

[33 – 38] Step, ¼ turn, Step, ½ turn, Step, ¼ turn.

- 1,2 Step forward on left (1), Pivot ¼ turn right (2). 3:00
3,4 Step forward on left (3), Pivot ½ turn right (4). 9:00
5,6 Step forward on left (5), Pivot ¼ turn right (6). 12:00

Part B: Bridge – 44 counts.

[1 – 8] Weave, Point, Weave, Point.

- 1,2,3 Cross left over right (1), Step right to right side (2), Cross left behind right (3).
4,5,6 Point right toe to right side (4), Cross right over left (5), Step left to left side (6).
7,8 Cross right behind left (7), Point left toe to left side (8).

[9 – 16] Cross, ¼ Pivot turn twice, Point, ¼ turn, ¼ Pivot turn, Sailor Step.

- 1,2 Cross left over right (1), Pivot ¼ turn left Stepping back on right (2). 9:00
3,4 Pivot ¼ turn left Stepping left to left side (3), Point right toe to right side (4). 6:00
5 Pivot ¼ turn right Stepping forward on right (5).
6 Pivot ¼ turn right Stepping left to left side (6). 9:00
7&8 Cross right behind left (7), Step left slightly to left side (&), Step right slightly to right side (8).
12:00

[17 – 24] Weave, Point, Weave, Point.

- 1,2,3 Cross left over right (1), Step right to right side (2), Cross left behind right (3).
4,5,6 Point right toe to right side (4), Cross right over left (5), Step left to left side (6).
7,8 Cross right behind left (7), Point left toe to left side (8).

[25 – 32] Cross, ¼ Pivot turn twice, Point, ¼ turn, ¼ Pivot turn, Sailor Step.

- 1,2 Cross left over right (1), Pivot ¼ turn left Stepping back on right (2). 9:00
3,4 Pivot ¼ turn left Stepping left to left side (3), Point right toe to right side (4). 6:00
5 Pivot ¼ turn right Stepping forward on right (5).
6 Pivot ¼ turn right Stepping left to left side (6). 9:00
7&8 Cross right behind left (7), Step left slightly to left side (&), Step right slightly to right side (8).
12:00

[33 – 40] Slow Walking full circle left.

- 1,2 Pivot ¼ turn left Stepping forward on left (1), Hold (2). 9:00
3,4 Pivot ¼ turn left Stepping forward on left (3), Hold (4). 6:00
5,6 Pivot ¼ turn left Stepping forward on left (5), Hold (6). 3:00
7,8 Pivot ¼ turn left Stepping forward on left (7), Hold (8). 12:00

[41 – 44] Rock forward & back (Rocking Chair).

- 1,2 Step forward on left (1), Rock (recover) weight back again onto right (2).
3,4 Step back on left (3), Rock (recover) weight forward again onto right (4).

Part C: Chorus – 46 counts.

[1 – 8] Press & Twist, Coaster Step, Press & Twist, Coaster Step.

- 1& Press forward on ball of left (1), Swivel left heel to left side (&),
2 Swivel left heel back to center recovering weight back onto right (2).
3&4 Step back on left (3), Step right next to left (&), Step forward on left (4).
5& Press forward on ball of right (5), Swivel right heel to right side (&).
6 Swivel right heel back to center recovering weight back onto left (6).
7&8 Step back on right (7), Step left next to right (&), Step forward on right (8).

[9 – 16] Susie Q, Ball-Step, Susie Q, Ball-Step, Jazz Box.

- 1& Cross left heel over right (1), Swivel left toe to left side Stepping right to right side (&).
2 Step left slightly to left side (2).
3& Cross right heel over left (3), Swivel right toe to right side Stepping left to left side (&).
4 Step right slightly to right side (4).
5,6,7,8 Cross left over right (5), Step back on right (6), Step left to left side (7), Step forward on right (8).

[17 – 24] Press & Twist, Coaster Step, Press & Twist, Coaster Step.

- 1& Press forward on ball of left (1), Swivel left heel to left side (&),
2 Swivel left heel back to center recovering weight back onto right (2).
3&4 Step back on left (3), Step right next to left (&), Step forward on left (4).
5& Press forward on ball of right (5), Swivel right heel to right side (&).
6 Swivel right heel back to center recovering weight back onto left (6).
7&8 Step back on right (7), Step left next to right (&), Step forward on right (8).

[25 – 32] Susie Q, Ball-Step, Susie Q, Ball-Step, Jazz Box.

- 1& Cross left heel over right (1), Swivel left toe to left side Stepping right to right side (&).
2 Step left slightly to left side (2).
3& Cross right heel over left (3), Swivel right toe to right side Stepping left to left side (&).
4 Step right slightly to right side (4).
5,6,7,8 Cross left over right (5), Step back on right (6), Step left to left side (7), Step forward on right (8).

[33 – 40] Rock Step, & Step, 1/2 turn, Walk forward, Shuffle forward.

- 1,2& Step forward on left (1), Rock (recover) weight back again onto right (2), Step left next to right (&).
3,4 Step forward on right (3), Pivot ½ turn left (4). 6:00
5,6 Step forward on right (5), Step forward on left (6).
7&8 Step forward on right (7), Step right next to left (&), Step forward on right (8).

[41 – 46] Rock Step, & Step, Together, Coaster Step.

- 1,2& Step forward on left (1), Rock (recover) weight back again onto right (2), Step left next to right (&).
3,4 Step forward on right (3), Step left next to right (4).
5&6 Step back on right (7), Step left next to right (&), Step forward on right (8).

Note: Sequence of the dance will be: A B C A B C C + (7 counts of C again).

Technically the dance aint phrased, but due to the counts of eash "part" of the music, the dance is labeled as phrased.

www.western-entertainment.no - email: cl@western-entertainment.no

Mob: 905 60 948 (SMS)

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