Sweet Escape



拍数: 0 墙数: 4 级数: Advanced social cha

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音乐: The Sweet Escape - Gwen Stefani



Sequence: ABB, TAG, AA, BBB, A(1-16), B to end

PART A

SYNCOPATED VINE, FRONT VAUDEVILLE

1-2& Step right foot to right, cross left foot behind right foot, step right foot to right

3&4& Cross left foot in front of right foot, step right foot side and slightly back, touch left heel

diagonally forward, step left foot next to right foot

FRONT VINE, BEHIND, 1/4 TURN, FORWARD

5-6 Cross right foot in front of left foot, step left foot to left

7&8 Cross right foot behind left foot, turn ¼ left and step left foot forward, step right foot forward

FORWARD ROCK, COASTER STEP

1-2 Rock left foot forward, recover weight to right foot

3&4 Step left foot back, step right foot next to left foot, step left foot forward

PADDLE, STEP TOGETHER, SIDE WITH DRAW, TOUCH, SYNCOPATED VINE

1-2& Step right foot forward, turn ¼ left (weight to left), step right foot next to left foot

3 Step left foot to left

Draw right foot to left foot

4& Touch right foot next to left foot, step right foot to right

5&6& Cross left foot behind right foot, step right foot to right, cross left foot in front of right foot, step

right foot to right

7& Cross left foot behind right foot, step right foot to right

3 FRONT VAUDEVILLES, CROSS SHUFFLE

1&2& Cross left foot in front of right foot, step right foot side and slightly back, touch left heel

diagonally forward, step left foot next to right foot

3&4& Cross right foot in front of left foot, step left foot side and slightly back, touch right heel

diagonally forward and right, step right foot next to left foot

5&6& Cross left foot in front of right foot, step right foot side and slightly forward, touch left heel

diagonal forward and left, step left foot next to right foot

7&8& Cross right foot in front of left foot, step left foot to left, cross right foot in front of left foot, step

left foot to left

9 Cross right foot in front of left foot

TURNING 1/4 LEFT FORWARD ROCK 2, COASTER STEP

1-2 Turn ¼ left and rock left foot forward, recover weight to right foot

3&4 Step left foot back, step right foot next to left foot, step left foot forward

PART B

2 DOROTHY STEPS

1-2& Step right foot diagonally forward right, lock left foot behind right foot, step right foot together Step left foot diagonally forward and left, lock right foot behind left foot, step left foot together

FORWARD ROCK 2, COASTER STEP

1-2 Rock right foot forward, recover weight to left foot

3&4 Step right foot back, step left foot next to right foot, step right foot forward

2 DOROTHY STEPS: FORWARD ROCK 2. COASTER STEP

1-2& Step left foot diagonally forward and left, lock right foot behind left foot, step left foot together

3-4& Step right foot diagonally forward and right, lock left foot behind right foot, step right foot

together

5-6 Rock left foot forward, recover weight to right foot

7&8 Step left foot back, step right foot next to left foot, step left foot forward

STEP ½ TURN, ½ LEFT TURNING SHUFFLE; TURNING ¼ LEFT VINE FRONT, ROCK SIDE ¼ TURN

1-2 Step right foot forward, turn ½ left (weight to left)

Turn ¼ left and step right foot to side, step left foot next to right foot, turn ¼ left and step right

foot back

5-6 Turn ¼ left and step left foot to side, cross right foot in front of left foot

7-8 Step left foot to side, turn ¼ right (weight to right)

FORWARD ROCK, STEP TOGETHER; TWICE; STEP ½ TURN, STEP TOGETHER, PADDLE

1-2& Rock left foot forward, recover weight to right foot, step left foot next to right foot 3-4& Rock right foot forward, recover weight to left foot, step right foot next to left foot 5-6& Step left foot forward, turn ½ right (weight to right), step left foot next to right foot

7-8 Step right foot forward, turn ¼ left (weight to left)

TAG

PADDLE, STEP TOGETHER, SIDE WITH DRAW, TOUCH; 4 TIMES

1-2& Step right foot forward, turn 1/4 left (weight to left), step right foot next to left foot

3 Step left foot to left

Draw right foot to left foot

4 Touch right foot next to left foot

5-6& Step right foot forward, turn ¼ left (weight to left), step right foot next to left foot

7 Step left foot to left

Draw right foot to left foot

8 Touch right foot next to left foot

9-10& Step right foot forward, turn ¼ left (weight to left), step right foot next to left foot

11 Step left foot to left

Draw right foot to left foot

12 Touch right foot next to left foot

13-14& Step right foot forward, turn 1/4 left (weight to left), step right foot next to left foot

15 Step left foot to left

Draw right foot to left foot

16 Touch right foot next to left foot

FORWARD ROCK 2, BACK 1 & 1/4 RIGHT STRUTTING ROLL 6 WITH CLICKS

1-2 Rock right foot forward, recover weight to left foot

3-4 Touch right toe back, turn ½ right and step right foot in place

Click fingers on right hand only

5-6 Touch left toe forward, turn ½ right and step left foot in place

Click fingers on right hand only

7-8 Touch right toe back, turn ¼ right and step right foot in place

Click fingers on right hand only

CROSS ROCK, STEP SIDE, CROSS FRONT

1-2-3 Rock left foot across in front of right foot, recover weight to right foot, step left foot to left

4 Cross right foot in front of left foot

SIDE, SIDE WITH DRAW TO A STEP TOGETHER, STEP SIDE, TOGETHER

1 Step left foot to left

Step right foot to right

2 Step right foot to right

Draw left foot to right foot

3 Step left foot next to right foot

Step right foot to right, step left foot next to right foot 4&