

Escape

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Carolyn Robinson (USA) & Rick Robinson (USA)
音乐: Escape (The Pina Colada Song) - Rupert Holmes



Sequence: AAB AAB AAB AA

SECTION A

RIGHT MAMBO FORWARD; LEFT MAMBO BACK; RIGHT SIDE TRIPLE; full turn TURN RIGHT; SIDE POINT LEFT

1&2 Step right forward, step left in place, step right beside left
3&4 Step left back, step right in place, step left beside right
5&6 Side step right, step left beside right, side step right
7&8 Cross left over right turning ½ right, step right ½ right to complete full turn turn, point left toe left

SWEEP LEFT ½ TURN LEFT; RIGHT MAMBO BACK; STEP LEFT; RIGHT STEP-LOCK-STEP; ROCK & ¼ LEFT

1 Sweep left toe ½ turn behind right stepping on left
2&3 Step right back, step left in place, step right beside left
4 Step left forward
5&6 Step right forward, lock step left behind right, step right forward
7&8 Rock left forward, recover right, step left ¼ left (facing 3:00 wall)

TOUCH & TOUCH; ROCK & ½ RIGHT; WALK, WALK; STEP-TURN ½ LEFT-STEP

1&2 Touch right beside left, point right, touch right beside left
3&4 Rock right forward, recover left, turn ½ right on right (facing 9:00 wall)
5-6 Step left forward, step right forward
7&8 Step left forward, pivot ½ right, step left forward (facing 3:00 wall)

SWAY RIGHT-LEFT-RIGHT; SWAY LEFT-RIGHT-LEFT; ROCK & ¼ RIGHT; CROSS & CROSS

1&2 Sway hips right, sway hips left, sway hips right
3&4 Sway hips left, sway hips right, sway hips left
5&6 Rock right forward, recover left; side step right ¼ right (facing 6:00 wall)
7&8 Cross left over right, side step right, cross left over right

SECTION B

CHA-CHA; LEFT SIDE TRIPLE; ROCK & ½ TURN RIGHT; STEP RIGHT; QUICK STEP LEFT

1-3 Side step right, step left forward, step right in place
4&5 Side step left, step right beside left, side step left
6-7 Rock right forward, recover left
8& Step right ½ turn right, step left (facing 6:00 wall), side step right

CHA-CHA; LEFT SIDE TRIPLE; ROCK/RECOVER ½ TURN RIGHT; STEP RIGHT; QUICK STEP LEFT

2-3 Step left forward, step right in place
4&5 Side step left, step right beside left, side step left
6-7 Rock right forward, recover left
8& Step right ½ turn right, step left (facing 12:00 wall)