

Escape

拍数: 32 墙数: 4 级数: Improver
编舞者: Pat Potter (USA)
音乐: The Sweet Escape - Gwen Stefani



STEP, TOUCH - ROCK, WALK, WALK, STEP TOUCH, STEP TOUCH

1-2& Step forward on right, touch left toe next to right, rock back on left
3-4 Step forward on right, step forward on left
5-6 Step forward on right, touch left toe next to right
7-8 Step forward on left, touch right toe next to left (12:00)

STEP PIVOT ¼, CROSS SHUFFLE, ¼ TURN BACK, STEP BACK RIGHT, HIP & HIP

1-2 Step forward on right, pivot ¼ turn to left (weight left)
3&4 Cross right over left, step left to left side, cross right over left (weight right)
5-6 Making ¼ to right step back on left, step back on right
7&8 Step back left bumping hips left, right, left (weight left) (12:00)

ROCK, RECOVER, SHUFFLE ½ TURN, ROCK, RECOVER, KICK & TOUCH

1-2 Rock back on right, recover forward on left
3&4 Right step forward and turn ¼ turn to left, left step together, turn ¼ turn to left and step back on right
5-6 Rock back on left, recover forward on right
7&8 Kick left foot in front, step left foot slightly back, touch right toe next to left (6:00)

SWAY RIGHT, HEEL FAN, SWAY LEFT, HEEL FAN, JAZZ BOX TURN

1-2 Step right to right side and sway right, fan left heel in (weight right)
3-4 Sway left returning left heel to center, fan right heel in (weight left)
5-6 Cross right over left, step back on left
7-8 Turn ¼ to right and step right to right side, step left together (9:00)

REPEAT

RESTART

On wall 10 (9:00 wall), dance the first 16 counts of the dance and restart from the beginning

DANCE INTRO OPTION

32 count intro - followed by four repetitions of the steps in set 4. Do the set 4 steps on all four walls and start the dance on the front wall when the vocals start