

Escape

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Phrased Intermediate
编舞者: Rick Robinson (USA) & Carolyn Robinson (USA) - October 2007
音乐: Escape (The Pina Colada Song) - Rupert Holmes : (CD: Billboard Top Hits 1979)



Sequence: AABAABAABAA

Start on the vocals - your first step R will correspond with the word "lady."

SECTION A - 32 COUNTS (vocals)

(1-8) R MAMBO FORWARD; L MAMBO BACK; R SIDE TRIPLE; 360° TURN R; SIDE POINT L

1&2 Step R forward, Step L in place, Step R beside L
3&4 Step L back, Step R in place, Step L beside R
5&6 Side step R, Step L beside R, Side step R
7&8 Cross L over R turning ½ R, Step R ½ R to complete 360° turn, Point L toe L

(9-16) SWEEP L ½ TURN L; R MAMBO BACK; STEP L; R STEP-LOCK-STEP; ROCK & ¼ L

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

(17-24) TOUCH & TOUCH; ROCK & ½ R; WALK, WALK; STEP-TURN ½ L-STEP

1&2 Touch R beside L, Point R, Touch R beside L
3&4 Rock R forward, Recover L, Turn ½ R on R (facing 9:00 wall)
5,6 Step L forward, Step R forward
7&8 Step L forward, Pivot ½ R, Step L forward (facing 3:00 wall)

(25-32) SWAY R-L-R; SWAY L-R-L; ROCK & ¼ R; CROSS & CROSS

1&2 Sway hips R, Sway hips L, Sway hips R
3&4 Sway hips L, Sway hips R, Sway hips L
5&6 Rock R forward, Recover L; Side step R ¼ R (facing 6:00 wall)
7&8 Cross L over R, Side step R, Cross L over R

SECTION B - 16 COUNTS (no vocals)

(1-8) CHA-CHA; L SIDE TRIPLE; ROCK & ½ TURN R; STEP R; QUICK STEP L

1-3 Side step R, Step L forward, Step R in place
4&5 Side step L, Step R beside L, Side Step L
6,7 Rock R forward, Recover L
8& Step R ½ turn R, Step L (facing 6:00 wall)

Note: 8& are the beginning of a triple step (shuffle) and after stepping L, you will step R which is hitting the "1" count of the next set of 8.

(9-16) CHA-CHA; L SIDE TRIPLE; ROCK/RECOVER ½ TURN R; STEP R; QUICK STEP L

1-3 Side step R, Step L forward, Step R in place
4&5 Side Step L, Step R beside L, Side step L
6,7 Rock R forward, Recover L
8& Step R ½ turn R, Step L (facing 12:00 wall)

Note: Again 8& are the beginning of a triple step: after stepping L, you will step R which is hitting the "1" count of Section A to start the dance over.

