

# Escape

拍數: 32      牆數: 4      級數: Improver  
編舞者: Double Trouble (CAN) - April 2015  
音樂: Runaway - Ed Sheeran



## Start Dance after 32 counts

### Walk forward Right, Left, Chase half turn To left, Left Side behind, & Heel and Cross.

- 1-2            Walk forward Right, Walk Forward left.  
3 & 4           Step Right foot forward, quickly make a half turn over the left shoulder stepping onto left foot.  
                 Step forward slightly onto right.  
5 6 & 7        Step left to left side, step right behind left, quickly step side on left and touch you right heel forward.  
& 8            Quickly step onto your right foot, and step your left foot over your right.

### Walk back Right hold, Walk Back Left Hold, walk back right, left, right coaster step.

- 1-2            Step back on right foot, hold. ,  
3-4            Step back on left foot, hold .  
5-6            Walk back Right, Left. .  
7 & 8        step back on right, quickly step onto left, step forward onto right.  
(styling on 1-4 – when on hold beat, go into a small sit position, stand up when walking back your next step)  
Make it funky.

### ¼ left toe strut (with knee roll to left, forward right toe strut with knee roll, toe strut back on left, toe strut back right.

- 1-2            Touch your left to to left side while making a quarter turn to left (while strutting, roll knee to left, step down on left foot  
3-4            right toe strut with slight knee roll to right.  
5-8            Left toe strut back. Right toe strut back.

### Left side rock recover, Right side rock recover, ½ turn Jazz Box to the left with a touch

- 1 & 2        Rock left foot to left side, quickly step on right, step home on left.  
3 & 4        Rock right foot to right side, quickly step on left, step home on right.  
5-8        while making a ¼ turn to left, step left foot over right, step back on right, while making a ¼ to left step left forward, touch right beside left.

Begin again.

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Last Update - 5th May 2015