

No Escape

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kathy Hunyadi (USA) & Bryan McWherter (USA)
音樂: Escape - Enrique Iglesias



JAZZ BOX WITH ¼ TURN RIGHT, ROCK RECOVER, CROSS UNWIND ¾ TURN RIGHT

1-2 Cross step right foot in front of left, step back on left
3-4 Turn ¼ to right, cross step left foot over right
5-6 Rock to side right on right, recover weight to left
7-8 Step the ball of right behind left heel, turn ¾ right and step left foot forward

MAMBO FORWARD RIGHT, MAMBO SIDE LEFT, CAT WALK RIGHT LEFT, ¾ TURN LEFT

1&2 Rock forward on right, step left foot in place, step right next to left
3&4 Rock to side left on left, step right in place, step left next to right
5-6 Step right forward (slightly in front of left), step left forward (slightly in front of right)
7-8 Step right forward, turn ¾ left ending with left crossed in front of right (weight is on left)

HITCH TOUCH, HOLD, HITCH TOUCH, HITCH TOUCH, RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN RIGHT

&1-2 Hitch right knee, touch right toe out to side, hold
&3 Hitch right knee, touch right toe out to side
&4 Hitch right knee, touch right toe out to side
5&6 Cross right behind left, step left to side, step right in place
7&8 Cross left behind right, turn ¼ to right stepping slightly forward on right, step left to side (feet slightly apart)

HIP BUMPS, HOOK, STEP WITH ¼ TURN RIGHT, TRIPLE STEP RIGHT TRAVELING FORWARD

1-2 Bump left hip left, bump right hip right
3&4 Bump left hip left, bump right hip right, bump left hip left
5-6 Hook right foot behind left leg, turn ¼ to right stepping forward on right
7&8 Turn ½ right stepping back on left, turn ½ right stepping forward on right, step forward on left

REPEAT
