

Sweet Escape

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate nightclub
編舞者: Dougie D (UK)
音樂: The Sweet Escape - Gwen Stefani



FORWARD ROCK TWICE, SHUFFLE BACK TWICE

1-2& Rock forward on right, recover on left, step right beside left
3-4 Rock forward on left, recover on right
5&6 Shuffle back, left, right, left
7&8 Shuffle back, right, left, right

SIDE ROCK, CROSS HOLD TWICE

1-2 Rock left out to left side, recover on right
3-4 Cross left over right, hold for one count
5-6 Rock right out to right side, recover on left
7-8 Cross right over left, hold for one count

LONG STEP TO LEFT, SLIDE RIGHT TO LEFT, CROSS MAMBO, WALK BACK TWICE, COASTER STEP

1-2 Long step to left side on left, slide right beside left
3&4 Cross right over left recover on ;left step right to right side
5-6 Walk back on left, walk back on right
7&8 Step back on left, step right beside left, step forward on left, (transfer weight to right)

CROSS STEP, SIDE STEP, SAILOR HEEL TWICE

1-2 Cross left over right, step right to right side
3&4& Cross left behind right, step right to right side, step left heel beside right, step left in place
5-6 Cross right over left, step left to left side
7&8& Cross right behind left, step left beside right, step right heel beside left, step right in place

CROSS STEP AND HOLD TWICE, STEP FORWARD (FACING 3:00) ½ TURN, COASTER STEP

1-2& Cross left over right, hold for one count, step right behind left
3-4 Cross left over right, hold for one count
5-6 Step to side on right with ¼ turn right (facing 3:00) turn ½ left (facing 9:00)
7&8 Step back on left, step right beside left, step forward on left

KICK BALL CHANGE, ¼ LEFT TURN TWICE

1&2 Kick right leg forward, step right beside left, step left in place
3-4 Step right to right side, pivot ¼ turn left
5-8 Repeat 1&2, 3-4

ROCK FORWARD, ROCK BACK, SHUFFLE ½ TURN TWICE

1-2 Rock forward on right, recover on left
3&4 Shuffle ½ turn right: right, left, right
5-6 Rock forward on left, recover on right
7&8 Shuffle ½ turn left: left, right, left

STEP & POINT TWICE, ½ TURN COASTER STEP

1-2 Cross right over left, point left toe to left side
3-4 Cross left over right point right toe to left side
5-6 Cross right over left, pivot ½ turn left
7&8 Step back on left, step right beside left, step forward on left

REPEAT
