

# 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

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