

# Escape

拍數: 0                      牆數: 2                      級數: Phrased Intermediate  
編舞者: Rick Robinson (USA) & Carolyn Robinson (USA) - October 2007  
音樂: 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.

