

Inescapable

拍數: 64 牆數: 4 級數: Improver
編舞者: Joenan (AUS) - August 2011
音樂: Inescapable - Jessica Mauboy



Count in 32 counts

Side, Together, Side, Together, Side, Hold, Rock, Recover

1-4 Step R to right side, step L beside R, step R to right side, step L beside R
5-8 Step R to right side (long step), hold, rock back on L, recover on R (12)

Side, Together, Side, Together, Side, Hold, Rock, Recover

1-4 Step L to left side, step R beside L, step L to left side, step R beside L
5-8 Step L to left side (long step), hold, rock back on R, recover on L (12)

Side, Together, Chasse Right, ¼ Turn Left & Knee Pops, Chasse Left

1-2 Step R to right side, step L beside R
3&4 Chasse right on (R, L, R)
5-6 Make ¼ turn left stepping L to left side & bend R knee inward, bend L knee inward changing weight to R
7&8 Chasse left on (L, R, L) (9)

Rocking Chair, Touch, Unwind ½ Turn Right, Forward Shuffle

1-4 Rock back on R, recover on L, rock forward on R, recover on L
5-6 Touch R toe behind L, unwind ½ turn right (wt on R)
7&8 Forward shuffle on (L, R, L) (3)

Heel Switches, Heel Switches

1&2& Touch R heel fwd, step R beside L, touch L heel fwd, step L beside R
3-4& Touch R heel fwd, hold and click fingers, step R beside L
5&6& Touch L heel forward, step L beside R, touch R heel forward
7-8 Step R beside L, touch L heel forward, hold & click fingers (3)

(Note: the heel switches are done diagonally)

Rock, Recover, Hip Bumps, Hip Bumps, Hip Bumps

1-2 Rock back on L, recover on R
3&4 Hip bumps (L, R, L) (moving diagonally forward)
5&6 Hip bumps (R, L, R) (moving diagonally forward)
7&8 Hip bumps (L, R, L) (moving diagonally forward) (3)

Rock, Recover ½ Turn Right, Forward Shuffle, Skate, Skate, Forward Shuffle

1-2 Rock forward on R, recover on L turning ½ turn right
3&4 Forward shuffle on (R, L, R)
5-6 Skate forward on L, skate forward on R
7&8 Forward shuffle on (L, R, L) (9)

Rock, Recover ½ Turn Right, Forward Shuffle, Back Shuffle ½ Turn Right, Rock, Recover

1-2 Rock forward on R, recover on L turning ½ turn right
3&4 Forward shuffle on (R, L, R)
5&6 Turning ½ turn right back shuffle on (L, R, L)
7-8 Step back on R, recover on L (9)

Start Again

