

Escape

拍數: 32 牆數: 4 級數: Beginner
編舞者: Judy Rodgers (USA) - July 2012
音樂: Escape (The Pina Colada Song) - Rupert Holmes



Alt. music:-

Burbujas de Amor – J Luis Guerra; Amazon.Com

I Love Senioritas – Alex Swings Oscar Sings

32 count intro on Escape and I Love Senioritas, 12 count intro on Burbujas de Amor
No tags, no restarts on either song! Rumba style in QQS rhythm throughout

Cross rock, recover, step side, hold, cross, turn ¼ step back, step side, hold

1-4 Cross rock R over L, recover to L, step R to right side, hold

5-8 Cross L over R, turn ¼ left step R back, step L to left side, hold 9:00

Step, together, step, hold, rock, recover, step back, hold

1-4 Step R forward, step L beside R, step R forward, hold

5-8 Rock L forward, recover to R, step back on L, hold

(Turn option 1-4: turn ¼ right step R fwd, turn ¼ right step L back, turn ½ right step R fwd, hold)

Step lock step, hold, coaster step, hold

1-4 Step R back, lock L in front of R, step R back, hold

5-8 Step L back, step R together, step L forward, hold

Walk, hold, walk, hold, step pivot ½, touch, hold

1-4 Prissy walk R, hold, prissy walk L, hold

5-8 Step R forward, pivot ½ left, touch R beside L, hold 3:00

REPEAT
