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| The Escape |  |

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| . |
| **Count:** | 128 | **Wall:** | 2 | **Level:** | Phrased Intermediate - Novelty (Social only) | . |
| **Choreographer:** | Cato Larsen (NOR) - May 2014 |
| **Music:** | The Escape - Chris de Burgh : (CD: Chris de Burgh - Moonfleet & Other Stories - 2010) |
| . |

**Intro: Start the dance at vocal after 32 counts (55 seconds).**

**Part A: Verse – 38 counts.**

**[1 – 8] Cross Rock, Ball-Cross, Side, Sailor ¼ turn, Step, Sweep ¼ turn.**

|  |  |
| --- | --- |
| 1,2 | Cross left over right (1), Rock (recover) weight back again onto right (2). 12:00 |

|  |  |
| --- | --- |
| & | Step left slightly to left side (&). |

|  |  |
| --- | --- |
| 3,4 | Cross right over left (3), Step left to left side (4). |

|  |  |
| --- | --- |
| 5&6 | Cross right behind left (5), Pivot ¼ turn right Stepping left next to left (&), Step forward on right (6). 3:00 |

|  |  |
| --- | --- |
| 7,8 | Step forward on left (7), Pivot ¼ turn left by Sweeping right foot counter clockwise (8). 12:00 |

**[9 – 16] Cross Rock, Ball-Cross, Side, Sailor ¼ turn, Step, Sweep ¼ turn.**

|  |  |
| --- | --- |
| 1,2 | Cross right over left (1), Rock (recover) weight back again onto left (2). |

|  |  |
| --- | --- |
| & | Step right slightly to right side (&). |

|  |  |
| --- | --- |
| 3,4 | Cross left over right (3), Step right to right side (4). |

|  |  |
| --- | --- |
| 5&6 | Cross left behind right (5), Pivot ¼ turn left Stepping right next to left (&), Step forward on left (6). 9:00 |

|  |  |
| --- | --- |
| 7,8 | Step forward on right (7), Pivot ¼ turn right by Sweeping left foot clockwise (8). 1:30 |

**[17 – 24] Walk forward diagonally, Ball-Step, ½ turn, Rock Step, Side Rock, Behind, ¼ turn.**

|  |  |
| --- | --- |
| 1,2& | On a right diagonal; Walk forward left (1), Walk forward right (2), Step left next to right (&). 1:30 |

|  |  |
| --- | --- |
| 3,4 | Step forward on right (3), Pivot ½ turn left (4). 7:30 |

|  |  |
| --- | --- |
| 5& | Step forward on right (5), Rock (recover) weigt back again onto left (&). 7:30 |

|  |  |
| --- | --- |
| 6& | Square up to 9 O’clock Stepping forward on right (6), Rock (recover) weight back again onto left (&). 9:00 |

|  |  |
| --- | --- |
| 7,8 | Cross right behind left (7), Pivot ¼ turn left Stepping forward on left (8). 6:00 |

**[25 – 32] Rock Step, Ball-Step, ¼ turn, Weave,**

|  |  |
| --- | --- |
| 1,2& | Step forward on right (1), Rock (recover) weight back again onto left (2), Step right next to left (&). |

|  |  |
| --- | --- |
| 3,4 | Step forward on left (3), Pivot ¼ turn right (4). 9:00 |

|  |  |
| --- | --- |
| 5,6 | Cross left over right (5), Step right to right side (6). |

|  |  |
| --- | --- |
| 7,8 | Cross left behind right (7), Pivot ¼ turn right Stepping forward on right (8). 12:00 |

**[33 – 38] Step, ¼ turn, Step, ½ turn, Step, ¼ turn.**

|  |  |
| --- | --- |
| 1,2 | Step forward on left (1), Pivot ¼ turn right (2). 3:00 |

|  |  |
| --- | --- |
| 3,4 | Step forward on left (3), Pivot ½ turn right (4). 9:00 |

|  |  |
| --- | --- |
| 5,6 | Step forward on left (5), Pivot ¼ turn right (6). 12:00 |

**Part B: Bridge – 44 counts.**

**[1 – 8] Weave, Point, Weave, Point.**

|  |  |
| --- | --- |
| 1,2,3 | Cross left over right (1), Step right to right side (2), Cross left behind right (3). |

|  |  |
| --- | --- |
| 4,5,6 | Point right toe to right side (4), Cross right over left (5), Step left to left side (6). |

|  |  |
| --- | --- |
| 7,8 | Cross right behind left (7), Point left toe to left side (8). |

**[9 – 16] Cross, ¼ Pivot turn twice, Point, ¼ turn, ¼ Pivot turn, Sailor Step.**

|  |  |
| --- | --- |
| 1,2 | Cross left over right (1), Pivot ¼ turn left Stepping back on right (2). 9:00 |

|  |  |
| --- | --- |
| 3,4 | Pivot ¼ turn left Stepping left to left side (3), Point right toe to right side (4). 6:00 |

|  |  |
| --- | --- |
| 5 | Pivot ¼ turn right Stepping forward on right (5). |

|  |  |
| --- | --- |
| 6 | Pivot ¼ turn right Stepping left to left side (6). 9:00 |

|  |  |
| --- | --- |
| 7&8 | Cross right behind left (7), Step left slightly to left side (&), Step right slightly to right side (8). 12:00 |

**[17 – 24] Weave, Point, Weave, Point.**

|  |  |
| --- | --- |
| 1,2,3 | Cross left over right (1), Step right to right side (2), Cross left behind right (3). |

|  |  |
| --- | --- |
| 4,5,6 | Point right toe to right side (4), Cross right over left (5), Step left to left side (6). |

|  |  |
| --- | --- |
| 7,8 | Cross right behind left (7), Point left toe to left side (8). |

**[25 – 32] Cross, ¼ Pivot turn twice, Point, ¼ turn, ¼ Pivot turn, Sailor Step.**

|  |  |
| --- | --- |
| 1,2 | Cross left over right (1), Pivot ¼ turn left Stepping back on right (2). 9:00 |

|  |  |
| --- | --- |
| 3,4 | Pivot ¼ turn left Stepping left to left side (3), Point right toe to right side (4). 6:00 |

|  |  |
| --- | --- |
| 5 | Pivot ¼ turn right Stepping forward on right (5). |

|  |  |
| --- | --- |
| 6 | Pivot ¼ turn right Stepping left to left side (6). 9:00 |

|  |  |
| --- | --- |
| 7&8 | Cross right behind left (7), Step left slightly to left side (&), Step right slightly to right side (8). 12:00 |

**[33 – 40] Slow Walking full circle left.**

|  |  |
| --- | --- |
| 1,2 | Pivot ¼ turn left Stepping forward on left (1), Hold (2). 9:00 |

|  |  |
| --- | --- |
| 3,4 | Pivot ¼ turn left Stepping forward on left (3), Hold (4). 6:00 |

|  |  |
| --- | --- |
| 5,6 | Pivot ¼ turn left Stepping forward on left (5), Hold (6). 3:00 |

|  |  |
| --- | --- |
| 7,8 | Pivot ¼ turn left Stepping forward on left (7), Hold (8). 12:00 |

**[41 – 44] Rock forward & back (Rocking Chair).**

|  |  |
| --- | --- |
| 1,2 | Step forward on left (1), Rock (recover) weight back again onto right (2). |

|  |  |
| --- | --- |
| 3,4 | Step back on left (3), Rock (recover) weight forward again onto right (4). |

**Part C: Chorus – 46 counts.**

**[1 – 8] Press & Twist, Coaster Step, Press & Twist, Coaster Step.**

|  |  |
| --- | --- |
| 1& | Press forward on ball of left (1), Swivel left heel to left side (&), |

|  |  |
| --- | --- |
| 2 | Swivel left heel back to center recovering weight back onto right (2). |

|  |  |
| --- | --- |
| 3&4 | Step back on left (3), Step right next to left (&), Step forward on left (4). |

|  |  |
| --- | --- |
| 5& | Press forward on ball of right (5), Swivel right heel to right side (&). |

|  |  |
| --- | --- |
| 6 | Swivel right heel back to center recovering weight back onto left (6). |

|  |  |
| --- | --- |
| 7&8 | Step back on right (7), Step left next to right (&), Step forward on right (8). |

**[9 – 16] Susie Q, Ball-Step, Susie Q, Ball-Step, Jazz Box.**

|  |  |
| --- | --- |
| 1& | Cross left heel over right (1), Swivel left toe to left side Stepping right to right side (&). |

|  |  |
| --- | --- |
| 2 | Step left slightly to left side (2). |

|  |  |
| --- | --- |
| 3& | Cross right heel over left (3), Swivel right toe to right side Stepping left to left side (&). |

|  |  |
| --- | --- |
| 4 | Step right slightly to right side (4). |

|  |  |
| --- | --- |
| 5,6,7,8 | Cross left over right (5), Step back on right (6), Step left to left side (7), Step forward on right (8). |

**[17 – 24] Press & Twist, Coaster Step, Press & Twist, Coaster Step.**

|  |  |
| --- | --- |
| 1& | Press forward on ball of left (1), Swivel left heel to left side (&), |

|  |  |
| --- | --- |
| 2 | Swivel left heel back to center recovering weight back onto right (2). |

|  |  |
| --- | --- |
| 3&4 | Step back on left (3), Step right next to left (&), Step forward on left (4). |

|  |  |
| --- | --- |
| 5& | Press forward on ball of right (5), Swivel right heel to right side (&). |

|  |  |
| --- | --- |
| 6 | Swivel right heel back to center recovering weight back onto left (6). |

|  |  |
| --- | --- |
| 7&8 | Step back on right (7), Step left next to right (&), Step forward on right (8). |

**[25 – 32] Susie Q, Ball-Step, Susie Q, Ball-Step, Jazz Box.**

|  |  |
| --- | --- |
| 1& | Cross left heel over right (1), Swivel left toe to left side Stepping right to right side (&). |

|  |  |
| --- | --- |
| 2 | Step left slightly to left side (2). |

|  |  |
| --- | --- |
| 3& | Cross right heel over left (3), Swivel right toe to right side Stepping left to left side (&). |

|  |  |
| --- | --- |
| 4 | Step right slightly to right side (4). |

|  |  |
| --- | --- |
| 5,6,7,8 | Cross left over right (5), Step back on right (6), Step left to left side (7), Step forward on right (8). |

**[33 – 40] Rock Step, & Step, 1/2 turn, Walk forward, Shuffle forward.**

|  |  |
| --- | --- |
| 1,2& | Step forward on left (1), Rock (recover) weight back again onto right (2), Step left next to right (&). |

|  |  |
| --- | --- |
| 3,4 | Step forward on right (3), Pivot ½ turn left (4). 6:00 |

|  |  |
| --- | --- |
| 5,6 | Step forward on right (5), Step forward on left (6). |

|  |  |
| --- | --- |
| 7&8 | Step forward on right (7), Step right next to left (&), Step forward on right (8). |

**[41 – 46] Rock Step, & Step, Together, Coaster Step.**

|  |  |
| --- | --- |
| 1,2& | Step forward on left (1), Rock (recover) weight back again onto right (2), Step left next to right (&). |

|  |  |
| --- | --- |
| 3,4 | Step forward on right (3), Step left next to right (4). |

|  |  |
| --- | --- |
| 5&6 | Step back on right (7), Step left next to right (&), Step forward on right (8). |

**Note: Sequence of the dance will be: A B C A B C C + (7 counts of C again).**

**Technically the dance aint phrased, but due to the counts of eash ”part” of the music, the dance is labeled as phrased.**

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