

Escape

拍数: 32 墙数: 4 级数: Improver
编舞者: Double Trouble (CAN) - April 2015
音乐: Runaway - Ed Sheeran



Start Dance after 32 counts

Walk forward Right, Left, Chase half turn To left, Left Side behind, & Heel and Cross.

- 1-2 Walk forward Right, Walk Forward left.
- 3 & 4 Step Right foot forward, quickly make a half turn over the left shoulder stepping onto left foot.
Step forward slightly onto right.
- 5 6 & 7 Step left to left side, step right behind left, quickly step side on left and touch you right heel forward.
- & 8 Quickly step onto your right foot, and step your left foot over your right.

Walk back Right hold, Walk Back Left Hold, walk back right, left, right coaster step.

- 1-2 Step back on right foot, hold. ,
 - 3-4 Step back on left foot, hold .
 - 5-6 Walk back Right, Left. .
 - 7 & 8 step back on right, quickly step onto left, step forward onto right.
- (styling on 1-4 – when on hold beat, go into a small sit position, stand up when walking back your next step)
Make it funky.

¼ left toe strut (with knee roll to left, forward right toe strut with knee roll, toe strut back on left, toe strut back right.

- 1-2 Touch your left to to left side while making a quarter turn to left (while strutting, roll knee to left, step down on left foot
- 3-4 right toe strut with slight knee roll to right.
- 5-8 Left toe strut back. Right toe strut back.

Left side rock recover, Right side rock recover, ½ turn Jazz Box to the left with a touch

- 1 & 2 Rock left foot to left side, quickly step on right, step home on left.
- 3 & 4 Rock right foot to right side, quickly step on left, step home on right.
- 5-8 while making a ¼ turn to left, step left foot over right, step back on right, while making a ¼ to left step left forward, touch right beside left.

Begin again.

Contact: 519-928-5256 or 905-279-3371 - cathy.montgomery@millennium1solutions.com

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