The Sweet Escape (Gwen's Boys)



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音乐: The Sweet Escape (feat. Akon) - Gwen Stefani



DOROTHY LEFT, & STEP, HOLD, ROLL 1/4 LEFT, SNAP, BEHIND, SIDE, CROSS

1-2 Step left forward towards left diagonal, lock right up behind left &3-4 Quickly step left slightly forward, step right forward, hold

Option: swing both arms out to side

5-6 Roll hips around counter to the right left then right while making ¼ turn left & snap right

(weight right)

7&8 Step left behind right, step right to right side, step left in front/across of right

POINT, POINT, BEHIND, SIDE CROSS, SIDE, DRAG, 1/4 RIGHT, HOLD

1-2	Point right in front of left, point right out to right side
3&4	Step right behind left, step left out to left side, step right in front/across left
5-6	Big step left while dragging right towards left, touch/bring right next to left
7-8	Drop weight onto right while make 1/4 turn right sharply, hold

ROCK FORWARD, ROCK BACK, STEP BACK, DRAG, ROCK BACK, ROCK FORWARD, STEP, LOCK, STEP

1-2	Rock left forward towards left diagonal while pushing hips forward, rock back onto right while pushing hips back
3-4	Step left back towards left diagonal, drag right towards left
5-6	Rock right back towards right diagonal while pushing hips back, rock forward onto left while pushing hips forward
7&8	Step right forward, lock left behind right, step right forward

STEP FORWARD, 1/4 RIGHT, CROSS, HOLD, HIPS RIGHT, HIPS LEFT, & CROSS, 1/2 TURN RIGHT

1-2	Step left forward, rock right in place while making ¼ turn right
3-4	Cross left in front/over right, hold (option: swing both arms out to side)
5-6	Step right slightly to right while pushing hips right, swing hips to left
& 7-8	Quickly step right to center, cross left over right, unwind ½ right leaving weight on right

REPEAT