

No Escape!

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jayne Thompson
音樂: Escape - Enrique Iglesias



16 count intro from when main vocals start. Start dance when the beat kicks in on lyrics "we'll get it right"

KICK, OUT OUT, KNEE TWISTS, BODY ROLLS

- 1&2 Kick right forward, step back right and slightly out on right, step left out to left side
- 3-4 Twist right knee in towards left, twist right knee out making a ¼ turn to the right
- 5-6 Body roll down
- 7-8 Body roll up

If preferred replace body rolls with hip bumps - bump hips left, right, left, right

GRAPEVINE LEFT, RIGHT CHASSE, ROCK RECOVER

- 1-2 Step left to left side, cross right behind left
- 3-4 Step left to left side, touch right beside left
- 5&6 Step right to right side, close left beside right, step right to right side
- 7-8 Rock back on left, recover weight on right

LEFT TOE STRUT, CROSS STRUT, LEFT CHASSE, ROCK RECOVER

- 1-2 Step left toe to left side, drop left heel taking weight
- 3-4 Cross right toe over left, drop right heel taking weight
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Rock back on right, recover weight on left

STEP FORWARD, ½ MONTEREY TURN LEFT, REPEAT

- 1-2 Step forward on right, touch left to left side
- 3-4 On ball of right make ½ turn left, stepping left beside right, touch right to right side
- 5-6 Step forward on right, touch left to left side
- 7-8 On ball of right make ½ turn left, stepping left beside right, touch right to right side

RUMBA BOX LEADING RIGHT & FORWARD THEN LEFT & BACK

- 1-2 Step right to right side, step left beside right
- 3-4 Step forward right, hold
- 5-6 Step left to left side, step right beside left
- 7-8 Step back left, hold

ROLLING GRAPEVINE RIGHT, TRAVELING APPLEJACKS

- 1-2 Step right ¼ right, on ball of right make a ½ turn right
- 3-4 Step right ¼ turn right, touch left beside right
- 5-6 Swivel toes out, swivel toes in as you travel to the left
- 7&8 Swivel toes out, swivel toes in, swivel toes out as you travel to the left, weight ending on left

REPEAT