

SWEET ESCAPE

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Count: 64

Wall: 4

Level: intermediate nightclub

Choreographer: Dougie D

Music: The Sweet Escape by Gwen Stefani

FORWARD ROCK TWICE, SHUFFLE BACK TWICE

- 1-2& Rock forward on right, recover on left, step right beside left
- 3-4 Rock forward on left, recover on right
- 5&6 Shuffle back, left, right, left
- 7&8 Shuffle back, right, left, right

SIDE ROCK, CROSS HOLD TWICE

- 1-2 Rock left out to left side, recover on right
- 3-4 Cross left over right, hold for one count
- 5-6 Rock right out to right side, recover on left
- 7-8 Cross right over left, hold for one count

LONG STEP TO LEFT, SLIDE RIGHT TO LEFT, CROSS MAMBO, WALK BACK TWICE, COASTER STEP

- 1-2 Long step to left side on left, slide right beside left
- 3&4 Cross right over left recover on ;left step right to right side
- 5-6 Walk back on left, walk back on right
- 7&8 Step back on left, step right beside left, step forward on left, (transfer weight to right)

CROSS STEP, SIDE STEP, SAILOR HEEL TWICE

- 1-2 Cross left over right, step right to right side
- 3&4& Cross left behind right, step right to right side, step left heel beside right, step left in place
- 5-6 Cross right over left, step left to left side
- 7&8& Cross right behind left, step left beside right, step right heel beside left, step right in place

CROSS STEP AND HOLD TWICE, STEP FORWARD (FACING 3:00) ½ TURN, COASTER STEP

- 1-2& Cross left over right, hold for one count, step right behind left
- 3-4 Cross left over right, hold for one count

5-6 Step to side on right with $\frac{1}{4}$ turn right (facing 3:00) turn $\frac{1}{2}$ left (facing 9:00)

7&8 Step back on left, step right beside left, step forward on left

KICK BALL CHANGE, $\frac{1}{4}$ LEFT TURN TWICE

1&2 Kick right leg forward, step right beside left, step left in place

3-4 Step right to right side, pivot $\frac{1}{4}$ turn left

5-8 Repeat 1&2, 3-4

ROCK FORWARD, ROCK BACK, SHUFFLE $\frac{1}{2}$ TURN TWICE

1-2 Rock forward on right, recover on left

3&4 Shuffle $\frac{1}{2}$ turn right: right, left, right

5-6 Rock forward on left, recover on right

7&8 Shuffle $\frac{1}{2}$ turn left: left, right, left

STEP & POINT TWICE, $\frac{1}{2}$ TURN COASTER STEP

1-2 Cross right over left, point left toe to left side

3-4 Cross left over right point right toe to left side

5-6 Cross right over left, pivot $\frac{1}{2}$ turn left

7&8 Step back on left, step right beside left, step forward on left

REPEAT