Escape

4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	**Side Rock, Cross Shuffle, 1/4 Left Shuffle, Back Rock**		
1 - 2	Rock left to left side. Recover onto right.	Left Rock	On the spot
3 & 4	Cross left over right. Step right to side. Cross left over right.	Cross Shuffle	Right
5 & 6	Turning 1/4 left, shuffle backward, stepping - right, left, right. (9:00)	Shuffle Turn	Turning left
7 - 8	Rock left back. Recover forward onto right.	Back Rock	On the spot
Section 2	**Forward Shuffle, 1/2 Left Shuffle, Full Turn, Coaster Step**		
1 & 2	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
3 & 4	Turning 1/2 left, shuffle backward, stepping - right, left, right. (3:00)	Shuffle Half	Turning left
5 - 6	Turn 1/2 left and step left forward. Turn 1/2 left and step right back.	Full Turn	
7 & 8	Step left back. Step right beside left. Step left forward. (3:00)	Coaster Step	On the spot
Section 3	**Cross Rock, Side Shuffle, Cross Rock, Shuffle 1/4 Left**		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
3 & 4	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
7 & 8	Step left to side. Close right beside left. Turn 1/4 left and step left forward.	Shuffle Turn	Turning left
Section 4	**Cross Rock, Ball Step Pivot 1/2, Paddle 1/4, Cross Rock**		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
& 3 - 4	Step right beside left. Step left forward. Pivot 1/2 turn right. (6:00)	Ball Step Pivot	Turning right
5 - 6	Step left forward. Pivot turn 1/4 right, transferring weight to right. (9:00)	Step Turn	
7 - 8	Cross rock left over right. Recover onto right.	Cross Rock	On the spot

Choreographed by: Bill Larson (Australia) July 2007

Choreographed to: 'The Sweet Escape' by Gwen Stefani featuring Akon (120 bpm) from CD The Sweet Escape; also downloadable from iTunes or tescodownloads (32 count intro)