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Can't Escape Can't Forget

32 count, 4 wall, Beginner/Intermediate level

Choreographer : Lainey (UK) Feb 2001

Choreographed to : Whole Again by Atomic Kitten,
Single; Country Alternative - Couldn't last a single
moment by Collin Raye; Wink by Neal McCoy (for
dancing up tempo) 120 bpm

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ROCK RIGHT FORWARD/LEFT BACK, RIGHT BACK LOCK STEP/ LEFT BACK LOCK STEP, ROCK BACK RIGHT, FORWARD LEFT.

- 1-2 Rock forward on right, rock back on left
- 3&4 Step back right, lock left in front of right, step back right
- 5&6 Step back left, lock right in front of left, step back left
- 7-8 Rock back on right, rock forward on left.

SIDE ROCK RIGHT/LEFT, CROSS STEP RIGHT, STEP LEFT, PIVOT ½ TURN RIGHT, RIGHT SIDE SHUFFLE, CROSS ROCK LEFT

- 1-2 Rock right-to-right side, rock left-to-left side
- 3-4 Cross right over in front of left, step left to left side
- 5&6 Pivot ½ turn over right shoulder stepping on to right, close left, step right
- 7-8 Cross rock left over in front of right, rock back on to right.

STEP LEFT, CROSS RIGHT, ¼ TURN RIGHT STEPPING BACK LEFT, BACK RIGHT, HIP BUMPS, LEFT SHUFFLE

- 1-2 Step left-to-left side, cross right over left
- 3-4 Step ¼ turn right stepping back on left, step back on right
- 5&6 Bump hips left, right, left
- 7&8 Step forward left, close right beside left, step forward left

FULL TURN LEFT, RIGHT SHUFFLE, LEFT SHUFFLE, KICK BALL CHANGE

- 1-2 Full turn over left shoulder, stepping right left
- 3&4 Step forward right, close left beside right, step forward right
- 5&6 Step forward left, close right beside left, step forward left
- 7&8 Kick right forward, step right beside left, step left in place

Start Again 'Enjoy'

Optional tag

On last wall, (wall 9) do the first 8 counts and finish with a full triple turn over left shoulder stepping, right, left, right.