

## **Escaping Myself**



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall Phrased Low Advanced Level Dance.

Choreographed by: Malene Jakobsen (DK), Adam Astmar (SWE)

& Michael Lynn (UK) Mar 2024

Choreographed to: Comfortable by Victor Pay

Choreographed to: Comfortable by Victor Ray Intro: 16 Counts. Start at approx 19 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

**Sequence:** A, A, B, A, A, A, B, A, B, A, A

Part A SEC 1 1-2a 3 4&a 5-6-7 8&	ROCK BACK, FULL TURN SWEEP, WEAVE, SWAY SWAY, ¼ SWEEP, CROSS, ¼ BACK, ¼ STEP Rock back on RF, Recover on LF, Turn ½ L step back on RF (6:00) Turn ½ L step forward on LF sweeping RF from back to front (12:00) Cross RF over LF, step to L on LF, step RF behind LF Step to L on LF swaying body L, Sway body R, Turn ¼ L step forward on LF sweeping RF from back to front (9:00) A Cross RF over LF, Turn ¼ R step back on LF, Turn ¼ R step forward on RF (3:00)
<b>SEC 3</b> 1-2a	FULL SPIRAL TURN, STEP, ½ BACK, ROCK BACK SWAY, LOCK STEP FWD, SWEEP, CROSS ROCK, SWEEP, BEHIND, ¼ STEP, ½ BACK Step forward on LF making a full spiral turn over R shoulder, Step forward on RF, Turn ½ R step back on LF (9:00)
3-4	Rock back on RF swaying body back, Recover on LF returning body to centre
&a	Step forward on RF, Angle body to L diagonal lock LF behind RF
5	Step forward on RF sweeping LF from back to front,
6-7	Cross rock LF over RF, Recover on RF sweeping LF from front to back
8&a	Step LF behind RF, Turn ¼ R step forward on RF, Turn ½ R step back on LF (6:00)
Part B	
Part B SEC 1	¼ SIDE, BACK ROCK, SIDE, BACK ROCK, ¼ , SIDE ROCK, ⅓ STEP HITCH,
SEC 1	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH
<b>SEC 1</b> 1&a	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH Turn ¼ R step to R on RF, Rock back on LF, Recover on RF
<b>SEC 1</b> 1&a 2&a	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH Turn ¼ R step to R on RF, Rock back on LF, Recover on RF Step to L on LF, Rock back on RF, Recover on LF (3:00)
1&a 2&a 3&a4	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH  Turn ¼ R step to R on RF, Rock back on LF, Recover on RF  Step to L on LF, Rock back on RF, Recover on LF (3:00)  Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30)
1&a 2&a 3&a4 5&a	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH Turn ¼ R step to R on RF, Rock back on LF, Recover on RF Step to L on LF, Rock back on RF, Recover on LF (3:00) Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30) Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00)
1&a 2&a 3&a4 5&a 6&a	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH Turn ¼ R step to R on RF, Rock back on LF, Recover on RF Step to L on LF, Rock back on RF, Recover on LF (3:00) Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30) Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00) Step back on LF, Rock to R on RF, Recover on LF
1&a 2&a 3&a4 5&a 6&a 7&a8	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH  Turn ¼ R step to R on RF, Rock back on LF, Recover on RF  Step to L on LF, Rock back on RF, Recover on LF (3:00)  Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30)  Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00)  Step back on LF, Rock to R on RF, Recover on LF  Step RF behind LF, Turn ¼ L step forward on LF, Turn ½ L step back on RF (9:00)
1&a 2&a 3&a4 5&a 6&a	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH Turn ¼ R step to R on RF, Rock back on LF, Recover on RF Step to L on LF, Rock back on RF, Recover on LF (3:00) Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30) Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00) Step back on LF, Rock to R on RF, Recover on LF
1&a 2&a 3&a4 5&a 6&a 7&a8	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH  Turn ¼ R step to R on RF, Rock back on LF, Recover on RF  Step to L on LF, Rock back on RF, Recover on LF (3:00)  Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30)  Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00)  Step back on LF, Rock to R on RF, Recover on LF  Step RF behind LF, Turn ¼ L step forward on LF, Turn ½ L step back on RF (9:00)
1&a 2&a 3&a4 5&a 6&a 7&a8	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH  Turn ¼ R step to R on RF, Rock back on LF, Recover on RF  Step to L on LF, Rock back on RF, Recover on LF (3:00)  Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30)  Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00)  Step back on LF, Rock to R on RF, Recover on LF  Step RF behind LF, Turn ¼ L step forward on LF, Turn ½ L step back on RF (9:00)  Step back on LF dragging RF towards LF pushing R hand forward with palm facing forward
\$EC 1  1&a 2&a 3&a4 5&a 6&a 7&a8 8	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH Turn ¼ R step to R on RF, Rock back on LF, Recover on RF Step to L on LF, Rock back on RF, Recover on LF (3:00) Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ½ R step forward on LF hitching R knee (7:30) Step back on RF, Turn ½ L rock to L on LF, Recover on RF (6:00) Step back on LF, Rock to R on RF, Recover on LF Step RF behind LF, Turn ¼ L step forward on LF, Turn ½ L step back on RF (9:00) Step back on LF dragging RF towards LF pushing R hand forward with palm facing forward  COASTER STEP, STEP ½ TURN, FULL TURN SWEEP, WEAVE, TOUCH BEHIND WITH SNAP, ¼ STEP, ROCK
\$EC 1  1&a 2&a 3&a4 5&a 6&a 7&a8 8  \$EC 2 1&a2	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH  Turn ¼ R step to R on RF, Rock back on LF, Recover on RF  Step to L on LF, Rock back on RF, Recover on LF (3:00)  Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ⅓ R step forward on LF hitching R knee (7:30)  Step back on RF, Turn ⅙ L rock to L on LF, Recover on RF (6:00)  Step back on LF, Rock to R on RF, Recover on LF  Step RF behind LF, Turn ¼ L step forward on LF, Turn ½ L step back on RF (9:00)  Step back on LF dragging RF towards LF pushing R hand forward with palm facing forward  COASTER STEP, STEP ½ TURN, FULL TURN SWEEP, WEAVE, TOUCH BEHIND WITH SNAP, ¼ STEP, ROCK  Step back on RF, Close LF next to RF, Step forward on RF, Step forward on LF
\$EC 1  1&a 2&a 3&a4 5&a 6&a 7&a8 8  \$EC 2 1&a2 3	BACK SIDE ROCK X2, BEHIND, ¼ STEP, ½ BACK, BACK DRAG & PUSH  Turn ¼ R step to R on RF, Rock back on LF, Recover on RF  Step to L on LF, Rock back on RF, Recover on LF (3:00)  Turn ¼ R step forward on RF, Rock to L on LF, Recover on RF, Turn ⅓ R step forward on LF hitching R knee (7:30)  Step back on RF, Turn ⅙ L rock to L on LF, Recover on RF (6:00)  Step back on LF, Rock to R on RF, Recover on LF  Step RF behind LF, Turn ¼ L step forward on LF, Turn ½ L step back on RF (9:00)  Step back on LF dragging RF towards LF pushing R hand forward with palm facing forward  COASTER STEP, STEP ½ TURN, FULL TURN SWEEP, WEAVE, TOUCH BEHIND WITH SNAP, ¼ STEP, ROCK  Step back on RF, Close LF next to RF, Step forward on RF, Step forward on LF  Turn ½ R placing weight on RF prepping upper body R (3:00)

