

The Sweet Escape

RELEASED: December 1, 2010

CHOREO: Alise Halbert and Richard E. Lamberty
ADDRESS: 4702 Fairview Avenue Orlando, FL 32804
PHONE: 407 - 849 - 0669
E-MAIL: lamberty@rexl.org
MUSIC: The Sweet Escape (featuring Akon) (Gwen Stefani)
RHYTHM: Jive
PHASE (+): Phase V + 2 + 1(Curly Whip, Flea Hops, Triple Wheel with Spins)
FOOTWORK: Opposite unless indicated [*W's footwork in square brackets*]
SEQUENCE: INTRODUCTION A B (1-4) C D A B E D A C D A A (1-4) TAG

FAX:
WEBSITE: www.rexl.org

Introduction

1 – 16 Wait; ; Point, Close (4 Times) ; ; Apart, Point, Together, Touch; Quick Open Vine 4; Step, Kick, Back Chasse; Quick Back Open Vine 4 to Half Open;

- 1 - 2 Wait for 2 measures in Open Facing Position facing WALL with no hands joined and lead feet free; ;
3 - 4 **[Point Close (4 Times) (1234 1234)]** Point L to side, close L, point R to side, close R; Repeat;
NOTE: You can add sways, snaps, etc. to make it your own
5 **[Apart, Point, Together, Touch (1-3-)]** Turning to face LOD apart L, point R, together R turning to face Partner and WALL, touch L ending in Butterfly facing WALL;
6 **[Quick Open Vine 4 (1234)]** Side L, turning to LOP RLOD back R, turning to face Partner and WALL side L, turning to OP thru R;
7 **[Step, Kick, Back Chasse (12 3&4)]** Forward L, kick thru R, blending to SCP back triple R / L, R moving toward RLOD;
8 **[Quick Back Open Vine 4 to Half Open (1234)]** Back L in Fallaway Position, side R turning to face Partner and WALL, turning to LOP facing RLOD thru L, side R blending to Half Open;

Part A

1 – 8 Rock, Recover, Chasse to Left Half Open; Rock, Recover, Chasse to Handshake; Rock, Recover with Head Loop, Chasse; Rock, Recover with Head Loop, Chasse; Chasse Roll; ; Chasse Roll to Face; ;

- 1 - 2 **[Rock, Recover, Triple to Left Half Open; Rock, Recover, Triple to Handshake(12 3&4; 12 3&4)]** In Half Open rock back L, recover R, chasse L / R, L moving down LOD and turning RF to Left Half Open; Rock back R, recover L, chasse R / L, R moving toward RLOD turning LF to face partner and Wall joining R hands;
3 - 4 **[Rock, Recover with Head Loop, Chasse; Rock, Recover with Head Loop, Chasse (12 3&4; 12 3&4)]** Turning slightly LF raise joined R hands over Woman's head rock back L, recover R releasing R hands, chasse L / R, L moving down LOD and turning RF and joining L hands; Turning slightly RF raise joined L hands over Woman's head rock back R, recover L releasing L hands, chasse R / L, R moving toward RLOD and turning LF to end in SCP facing LOD;
5 - 6 **[Chasse Roll (12 3&4; 1&2 3&4)]** Rock back L in SCP, recover R, releasing hold and turning RF chasse L / R, L to back to back; Continue RF turn chasse R / L, R to face, moving down LOD to Left Half Open chasse L / R, L;
7 – 8 **[Chasse Roll (12 3&4; 1&2 3&4)]** Rock back R in Left Half Open, recover L, releasing hold and turning LF chasse R / L, R to back to back; Continue LF turn chasse L / R, L to face, moving toward RLOD chasse R / L, R to end in LOFP facing partner and WALL;

Part B

NOTE: First time through Part B dance only measures 1 – 4

1 - 8 Link to Whip Throwaway; ; Curly Whip Throwaway; ; Explode to Double Whip Throwaway; -, - Change Hands Behind the Back to Right Handshake; ;

- 1 - 2 **[Link to Whip Throwaway (12 3&4 56 7&8)]** In loose SCP rock back L, recover R, chasse L / R, L turning RF to end facing RLOD; Hook XRib, continue RF turn unhook side L small step to face DLC, chasse R / L, R turning RF to face partner and WALL in LOFP;
[W: Rock back R, recover L, triple R / L, R turning RF to face LOD; Side L continue RF turn, XRif to face DRW, triple L / R, L turning RF to end in LOFP facing COH;]
- 3 - 4 **[Curly Whip Throwaway (12 3&4 56 7&8)]** Rock apart L raising joined lead hands, recover R turning RF to face RLOD and place R hand on Woman's back, blending to loose CP chasse L / R, L turning RF to face COH; Hook XRib, continue RF turn unhook side L to face LOD, chasse R / L, R turning RF and release R hand from Woman's back to end in LOFP facing partner and WALL;
[W: Rock apart R, recover L turning LF under joined lead hands to face RLOD in front of Man, blending to loose CP chasse R / L, R turning RF to face WALL; Turning RF side L, cross R loosely in front continue RF turn, chasse L / R, L continue RF turn to end in LOFP facing COH;]
- 5 - 7 **[Explode to Double Whip Throwaway (12 3&4 5678 1&2)]** Releasing lead hands and joining trail hands rock apart L turning LF to face LOD, recover R turning to face partner and WALL, blending to loose CP chasse L / R, L turning RF to face COH; Hook XRib, continue RF turn unhook side L, hook XRib, unhook side L having made nearly one full turn; chasse R / L, R turning RF to end in LOFP facing partner and COH;
[W: Releasing lead hands and joining trail hands rock apart R turning RF to face LOD, recover L turning to face partner, blending to loose CP chasse R / L, R turning RF; Side L, XRif, side L, XRif turning RF nearly one full turn; Chasse L / R, L continue RF turn to end in LOFP position facing WALL;]
NOTE: The Woman may spin LF to make this a Curly Whip action.
- 7 - 8 **[Change Hands Behind the Back to Right Handshake (34 1&2 3&4)]** Rock apart L, recover R; Chasse L / R, L moving toward COH and taking Woman's R hand into your R hand then turning LF to place the R hands in the small of your back, chasse R / L, R continue LF turn to face WALL and taking Woman's R hand into your L hand as your turn then change to R handshake for the next figure;
[W: Rock apart R, recover L; Triple R / L, R moving toward WALL and behind Man's back, chasse L / R, L moving toward RLOD to end R handshake;]

Part C

- 1 - 4 Flea Hops (2 Singles, 1 Double); Flea Hops (2 Singles, 1 Double); Flea Hops (2 Singles, 1 Double); Slide, -, Rock, Recover;**
- 1 **[Flea Hops (2 Singles, 1 Double) (12 3&4)]** Hop up on R lifting L knee and slide slightly to L then step on L, hop up on L lifting R knee and slide slightly to R then step on R, hop up on R lifting L knee and slide slightly to L / hop up on R lifting L knee and slide slightly to L, step on L;
- 2 **[Flea Hops (2 Singles, 1 Double) (12 3&4)]** Hop up on L lifting R knee and slide slightly to R then step on R, hop up on R lifting L knee and slide slightly to L then step on L, hop up on L lifting R knee and slide slightly to R / hop up on L lifting R knee and slide slightly to R, step on R;
- 3 **[Flea Hops (2 Singles, 1 Double) (12 3&4)]** Repeat the action from Measure 1 of the Bridge
- 4 **[Slide, Rock, Recover (1-34)]** Slide side R, draw L near R, fallaway rock L, recover R;

Part D

- 1 - 8 Chasse Left and Right; Change of Places Right to Left; -, -, Change of Places Left to Right; ; Fallaway Rock in 4; Twice; Rock Back, Recover, Chasse Left; Slide, -, Rock Back, Recover;**
- 1 **[Chasse Left and Right (1&2 3&4)]** In loose SCP side L / close R, side L small step, side R / close L, side R small step;
- 2 - 3 **[Change of Places Right to Left (12 3&4; 1&2)]** Rock back L in SCP, recover R, triple L / R, L raising joined lead hands; Triple R / L, R turning to face LOD and allowing Woman to turn under joined lead hands to end in LOFP facing LOD,
[W: Rock back R in SCP, recover L, chasse R / L, R turning to face Man and COH then turning under joined lead hands spin 5/8 RF on ball R to face DR; Chasse L, R, L continue RF turn to end in LOFP facing RLOD;]

- 3 – 4 **[Change of Places Left to Right (34; 1&2 3&4)]** Rock apart L, recover R; Triple L / R, L raising joined lead hands and allowing Woman to turn under them and turning RF 1/4 to face WALL, triple side R / L, R to end in loose CP facing WALL;
[W: Rock apart R, recover L; Triple R / L, R turning 3/4 LF under joined lead hands, triple side L / R, L to end in loose CP;]
- 5 – 6 **[Fallaway Rock in 4 (TWICE) (1234)]** Turning to loose SCP rock back L, recover R, turning to face partner and WALL rock side L with a little hip grind, recover R; Repeat;
- 7 **[Rock Back, Recover, Triple (12 3&4)]** Turning to loose SCP rock back L, recover R, triple side L / R, L;
- 8 **[Slide, -, Rock Back, Recover (1-34)]** Slide side R, draw L near R, turning to loose SCP rock back L, recover R;

9 - 16 Jive Walks; ; Swivel Walks (4 Quicks); Throwaway Overturned; Chicken Walks (4 Quicks); Chicken Walks (2 Slows); Curly Double Whip with Continuous Chasse Ending; ; ;

- 9 **[Jive Walks (1&2 3&4)]** Moving down LOD in loose SCP triple L / R, L, R / L, R;
- 10 **[Swivel Walks (1234)]** Moving down LOD in loose SCP forward L, thru R, forward L, thru R;
- 11 **[Throwaway Overturned (1&2 3&4)]** Moving down LOD triple L / R, L while turning to face LOD and releasing R hand from Woman's back, chasse R / L, R small steps to end in LOFP facing LOD;
[W: Triple forward R / L, R then swivel LF on ball of R, continue to move down LOD triple forward L / R, L away from man;]
- 12 **[Chicken Walks (4 Quicks) (1234)]** Back up L, R, L, R allowing Woman to swivel as she steps;
[W: Turning to face Man and RLOD swivel walk forward R, L, R, L;]
- 13 **[Chicken Walks (2 Slows (1-3-))]** Back up L, -, R, - allowing Woman to swivel as she steps;
[W: Forward swivel walk R, -, L, -;]
- 14 – 16 **[Curly Double Whip with Continuous Chasse Ending (12 3&4; 5678; 1&2&3&4)]** Rock apart L raising joined lead hands, recover R turning RF to face WALL and place R hand on Woman's back, blending to loose CP chasse L / R, L turning RF to face RLOD; Hook XRib commencing RF turn, unhook side L, hook XRib continue RF turn, unhook side L having made 3/4 RF turn over four steps to end in loose CP facing WALL; Side R / close L, side R, close L, side R, close L, side R to end in loose CP facing WALL;
[W: Rock apart R, recover L turning LF under joined lead hands to face WALL in front of Man, blending to loose CP chasse R / L, R turning RF to face LOD; Turning RF side L, cross R loosely in front continue RF turn, continue RF turn side L, cross R loosely in front continue RF turn having made 3/4 turn RF over four steps to end in loose CP facing COH; Side L / close R, side L / close R, side L / close R, side L;]

Repeat Part A (Rock and Triple in Half Open)

Repeat Part B (The Whip Sequence)

Part E

1 - 8 Triple Wheel with Spins American Spin Ending; ; ; ; -, -, Back Rock; Forward Triple, -, Forward Rock; Back Triple, -, Rock Back, Recover;

- 1 - 6 **[Triple Wheel with Spins American Spin Ending (12 3&4 5&6 78 1&2 3&4 5&6 78 1&2 3&4 5&6)]**
 With R hands joined rock apart L, recover R, turn RF toward partner touch Woman's back with L hand chasse side L / close R, side L; Turn LF away from partner chasse side R / close L, side R to end both facing DRW with Man in front of Woman commence full RF spin on last step, **{Spin 2}** release joined hands and continue RF spin in place L, R to end both facing DRW with Man in front of Woman and rejoining R hands to continue the Triple Wheel; **{3 Trpls}** Turn RF toward partner touch Woman's back with L hand chasse side L / close R, side L, turning LF away from partner chasse side R / close L, side R; Turn RF toward partner touch Woman's back with L hand chasse side L / close R, side L to end both facing DRC with Woman in front of Man commence full LF spin on last step **{Spn 2}** Release joined hands and continue LF spin in place R, L to end both facing DRC with Woman in front of man and rejoining R hands to continue the Triple Wheel; **{2 Triples}** Turning LF away from partner chasse side R / close L, side R, turning RF toward partner touch Woman's back with L hand chasse side L / close R, side

L to end both facing WALL with Woman in front of Man with Woman commencing RF spin on last step; **{W Spin}** Releasing joined hands triple in place R / L, R to LOFP facing WALL,
[W: Rock apart R, recover L, turn LF away from partner chasse side R / close L, side R; Turn RF toward partner touch Man's back with L hand chasse side L / close R, side L commence full LF spin on last step, {Spin 2} LF spin in place R, L; {3 Triples} Turn LF away from partner chasse side R / close L, side R, turn RF toward partner touch Man's back with L hand chasse side L / close R, side L; Turn LF away from partner chasse side R / close L, side R commence full RF spin on last step, {Spin 2} RF spin L, R; {3 Triples with Spin} Turn RF toward partner touch Man's back with L hand chasse side L / close R, side L, turn LF away from partner chasse side R / close L, side R; RF free spin L / R, L to end in LOFP facing COH,]

NOTE: Thank you Ron and Ree for this great figure.

6 - 8 **[Back Rock; Forward Triple, -, Forward Rock; Back Triple, -, Rock Back, Recover (78 1&2 34 5&6 78)]** Turning to loose SCP rock back L, recover R; In SCP moving LOD triple L, R, L, rock thru R, recover L; In Fallaway moving RLOD triple back R / L, R, rock back L, recover R;

Repeat Part D (Jive Left and Right)

Repeat Part A (Rock and Triple in Half Open)

Repeat Part C (Flea Hops)

Repeat Part D (Jive Left and Right)

Repeat Part A (Rock and Triple in Half Open)

Repeat Part A (1 – 4)

Tag

1 Apart, -, Point, -.

1 **[Apart, Point (1-3-)]** Apart L, -, point R to acknowledge partner.