

The Sweet Escape

LEVEL: INTERMEDIATE
ARTIST: Gwen Stefani CD album The Sweet Escape
CHOREO: Jean Watford Rhythm Cloggers Auckland New Zealand
SPEED: Normal **TIME:** 4.06
SEQUENCE: INTRO A B C A B* D C A B** C A A*
INTRO: Wait 16 Beats Left foot Lead

April 2016

QUICK CUES

Intro (16 beats)

16 2 Long Jazz Rock (L & R)

Part A (32 beats)

4 Slow Pull & Step

4 Jazz & Rock (1/4 L)

24 REPEAT 3 TIMES OPP FTWK & DIR

Part B (32 beats)

8 Cotton Slur

8 Clogover Slide

4 Strum

4 Macnamara

4 Strum

4 2 Basic

Part C (64 beats)

8 Confusion Flap

4 2 Rock Heel Pull

4 Jean's Way

8 MJ Flare (1/2 L)

4 Twisty Four

4 Triple

32 REPEAT

Part A (32 beats)

4 Slow Pull & Step

4 Jazz & Rock (1/4 L)

24 REPEAT 3 TIMES OPP FTWK & DIR

Part B* (32 beats)

8 Cotton Slur

8 Clogover Slide

16 2 Bonanza Flap (L & R)

Part D (32 beats)

8 Double Rock Heel Flap Extra

8 MJ Rock (1/2 R)

16 REPEAT

QUICK CUES

Part C (64 beats)

8 Confusion Flap

4 2 Rock Heel Pull

4 Jean's Way

8 MJ Flare (1/2 L)

4 Twisty Four

4 Triple

32 REPEAT

Part A (32 beats)

4 Slow Pull & Step

4 Jazz & Rock (1/4 L)

24 REPEAT 3 TIMES OPP FTWK & DIR

Part B** (16 beats)

4 Strum

4 Macnamara

4 Strum

4 2 Basic

Part C (64 beats)

8 Confusion Flap

4 2 Rock Heel Pull

4 Jean's Way

8 MJ Flare (1/2 L)

4 Twisty Four

4 Triple

32 REPEAT

Part A (32 beats)

4 Slow Pull & Step

4 Jazz & Rock (1/4 L)

24 REPEAT 3 TIMES OPP FTWK & DIR

Part A* (16 beats)

4 Slow Pull & Step

4 Jazz & Rock

8 REPEAT OPP FTWK



Step definitions for: **THE SWEET ESCAPE**

LONG JAZZ ROCK:

T-H(OTS) T-H(XIF) T-H(BK) RS T-H(OTS) T-H(XIF) T-H(BK) T-H(OTS)
L L R R L L RL R R L L R R L L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

SLOW PULL & STEP:

(P) S (FWD) PULL -S (BS)
L R R
& 1 & 2 & 3 & 4

JAZZ & ROCK: [1st & 3rd turn on &2. 2nd & 4th turn on &4]

T-H(OTS) T-H(XIF) T-H(BS) RS
L L R R L L RL
& 1 & 2 & 3 & 4

COTTON SLUR:

DT(XIF) H DT(X) H DS SLR-S DS-DR S(XIF) DS RS
L R L R L R L L R L RL
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

BASIC:

DS RS
L RL
& 1 & 2

CLOGOVER SLIDE:

DS(OTS) DS(XIF) DS(OTS) SL S(XIB) DS(OTS) DS(XIF) DS RS
R L R R L R L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

STRUM:

DS DT(XIF) SL DT(X) SL DT(XIF) SL (CAN HAVE BR INSTEAD OF DT)
L R L R L R L
& 1 & 2 & 3 & 4

MACNAMARA:

BA(OTS) BA(XIB) BA(OTS) TCHH(OTS) BA(OTS) BA(XIB) BA(OTS) TCHH
R L R L L R L R
& 1 & 2 & 3 & 4

CONFUSION FLAP:

DS DT(XIF) SL DT(X) SL RS DT(XIF) SL DT(X) SL DR-H-FL S
L R L R L RL R L R L R-R L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

ROCK HEEL PULL:

R H(WGT DIAG) PULL-S(BS)
R L R R
& 1 & 2

JEANS WAY:

DT(XIF) H DT(X) H RS BA(XIB) SL
R L R L RL R R
& 1 & 2 & 3 & 4

MJ FLARE: [In this dance move right. ROCK is OTS on &6 and &8]

DS DS(XIB) R H(WGT FWD) PVT(1/2 L) S DT(FLR) SL R(XIB) S(XIF) DT(FLR) SL R(XIB) S(XIF)
L R L R R L R L R L R L R L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

TWISTY FOUR:

DS(OTS) DS(XIF) BA(OTS) BA(XIB) BA(OTS) S(XIF)
R L R L R L
& 1 & 2 & 3 & 4

TRIPLE:

DS DS DS RS
R L R LR
& 1 & 2 & 3 & 4

BONANZA FLAP:

DS DS(XIF) DT H DT H DS(XIB) R(OTS) S(XIF) DR/LIFT-H-FL(OTS) S
L R L R L R L R L L R R R L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

DOUBLE ROCK HEEL FLAP EXTRA:

DS DS R H-FL(DIAG) S(BK) R H-FL(DIAG) S(BK) R H-FL(DIAG) S(BK)
L R L R R L R L L R L R R L
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

MJ ROCK: [In this dance turn 1/2 R on &4]

DS DS(XIB) R S(OTS) PVT(1/2R) S RS DS DS RS
R L R L R LR L R LR
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8