

# 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: [ 1<sup>st</sup> & 3<sup>rd</sup> turn on &2. 2<sup>nd</sup> & 4<sup>th</sup> 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	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	L	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	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	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 (1/2 R)	S	RS	DS	DS	RS
R	L	R	L	R	LR	L	R	LR	
& 1 & 2	& 3	&	4	& 5	& 6	& 7	& 8		