

## The Sweet Escape

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**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

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### Introduction

#### 1 – 16 Wait; ; Point, Close (4 Times) ; ; Apart, Point, Together, Touch; Open Vine 4; Step, Kick, Fallaway Chasse; 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 [**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, Fallaway Chasse (12 3&4)**] Forward L, kick thru R, blending to SCP back triple R / L, R moving toward RLOD;  
8 [**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;]*
- 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; ; Rock Back, Recover, Rock Side, Recover; Rock Back, Recover, Rock Side, Recover; 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 **[Rock Back, Recover, Rock Side, Recover (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.