

Prison Break



Choreographed by: Rachael McEnaney (Nov 07)
Music: **Jailhouse Rock** by **The Blues Brothers**
Type: 4 wall, 64 counts
Level: Beginner/Intermediate

NOTES: Intro: 32 counts from start of track

HEEL STRUT ROCK STEP, HEEL STRUT ROCK STEP, CROSS HOLD, BACK SIDE CROSS, HOLD, ROCK STEP WITH ¼ TURN

1 – 4 Touch right heel forward, drop right toe to floor taking weight, rock left to left side, recover weight to right.
5 – 8 Touch left heel forward, drop left toe to floor taking weight, rock right to right side, recover weight to left.
1 – 4 Cross right over left, hold, step back on left, step right to right side.
5 – 8 Cross left over right, hold, rock right to right side, recover weight to left making ¼ left. [9:00]

½ PIVOT TURN, 2 RUNS, STEP TOUCH, STEP TOUCH, STEP TOUCH, ROCK FORWARD, RUN BACK.

1 – 4 Step forward on right, hold, step forward on left, pivot ½ turn right. [3:00]
5 – 8 Step forward on left, hold, step forward on right, step forward on left.
1 – 4 Step forward on right, touch left next to right, step forward on left, touch right next to left.
5 – 8 Rock forward on right, recover onto left, step back on right, step back on left.

BIG STEP BACK, HOLD, BACK ROCK, 2 TOE STRUTS, LINDY ROCK STEP KICK STEP, ROCK STEP KICK STEP

1 – 4 Take big step back on right, hold, rock back on left, recover weight onto right.
5 – 8 Touch left toe forward, drop left heel to floor taking weight, touch right toe forward, drop right heel to floor.
1 – 2 Rock back on left foot (angle body to right diagonal), recover onto right. [4:30]
3 – 4 Kick left to right diagonal, step in place and slightly forward with left.
5 – 6 Rock back on right foot (angle body to left diagonal), recover weight on left making ¼ turn left (face front). [1:30]
7 – 8 Kick right foot forward, step in place with right. [12:00]

DIAGONAL STEP TOUCH, TOUCH OUT IN, DIAGONAL STEP TOUCH, TOUCH OUT IN, KICK BEHIND SIDE CROSS X2 (2ND WITH ¼)

1 – 4 Step left to left diagonal, touch right next to left, touch right to right side, touch right next to left.
5 – 8 Step right to right diagonal, touch left next to right, touch left to left side, step left next to right.
1 – 4 Kick right to right diagonal, cross right behind left, step left to left side, cross right over left.
5 – 8 Kick left to left diagonal, cross left behind right, make ¼ turn right stepping forward right, step forward left. [3:00]

Start again!