M B Angel (Morecambe Bay Angel)



Count: 16 Wall: 4 Level: High Beginner

Choreographer: Ryan King (UK) - November 2012

Music: Better Than I Used to Be - Tim McGraw



8 count intro

Nightclub Basic Forward, Rock Recover Step, Coaster Step, Sweep, Cross Side Behind, Sweep, Behind Side

Step forward on right, Rock Forward Left, Recover onto Right.Step Back Left, Step Back Right, Step Left next to Right.

Step Forward Right Sweeping Left Infront, Cross Left over Right, Step Right to Right Side.
Step Back Left Sweeping Right Behind, Step Right Behind Left, Step Left to Left Side.

R Cross Rock Recover, L Cross Rock Recover, 1/4 L Walk x 2, Rocking Chair

1 2& Cross Rock Right over Left, Recover onto Left, Step Right to Right Side.

3 4& Cross Rock Left over Right, Recover onto Right, Step 1/4 Left.

5 6 Walk Forward Right, Walk Forward Left.

7&8& Rock Forward Right, Recover Left, Rock Back Right, Recover Left.

Written for the Saloon Drifters weekend in Morecambe. Dance named by the people who attended the event.

Also available as a partner dance.

Contact: Nightsaberx@gmail.com