

# M B Angel (Morecambe Bay Angel)



**Count:** 16      **Wall:** 4      **Level:** High Beginner

**Choreographer:** Ryan King (Nuline UK) Nov 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

- |      |  |
|------|--|
| 1 2& | Step forward on right, Rock Forward Left, Recover onto Right.                              |
| 3 4& | Step Back Left, Step Back Right, Step Left next to Right.                                  |
| 5 6& | Step Forward Right Sweeping Left Infront, Cross Left over Right, Step Right to Right Side. |
| 7 8& | 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.**

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