

Ain't No Angel

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate NC2
编舞者: Malene Jakobsen (DK) & Debbie McLaughlin (UK) - February 2015
音乐: No Angel - Birdy : (Album: Fire Within)



Count in: After 16 counts do the Tag, and then continue into main dance as the lyrics start

SIDE BACK ROCK, ¼ TURN, 3/8 TURN INTO FULL TURN, CROSS ¼ TURN BACK SIDE, CROSS SIDE

- 1 2&3 Step R to R side, Rock L behind R, Recover onto R, Make ¼ turn R stepping back on L (3 o clock)
4&5 Make 3/8 turn R and step R forward, Make ½ turn R stepping back on L, Make ½ turn R stepping R forward (7 o clock)
6 7& Step L slightly forward and across R, Make 3/8 turn L stepping back on R, Step L to L side (3 o clock)
8& Cross R over L, Step L to L side

BEHIND SWEEP, BEHIND SIDE CROSS SWEEP, CROSS ¼ TURN BACK ROCK RECOVER, SPIRAL ¾ TURN, SIDE CROSS

- 1 2& Cross R behind L and sweep L from front to back, Cross L behind R, Step R to R side
3 4& Cross L over R & sweep R from back to front, Cross R over L, Make ¼ turn R stepping back on L (6 o clock)
5 6 Rock back on R, Recover forward onto L
7 8& Step R forward and spiral ¾ turn L (keep weight on R), Step L to L side, Cross R over L (9 o clock)

SIDE BACK ROCK ¼ TURN, STEP ½ TURN ½ TURN SWEEP BACK SWEEP x2, BEHIND ¼

- 1 2& Step L to L side, Rock R behind L, Recover onto L
3 4& Make ¼ turn R stepping R forward, Step L forward, Pivot ½ turn R taking weight onto R (6 o clock)
5 6 7 Make ½ turn R stepping L back and sweep R from front to back, Step back on R and sweep L from front to back, Step back on L and sweep R from front to back (12 o clock)
8 & Cross R behind L, Make ¼ turn L stepping L forward (9 o clock)

½ TURN, BACK ROCK RECOVER, ½ TURN ¼ TURN CROSS, WALK ¼ TURN x2, CROSS ROCK RECOVER SIDE CROSS

- 1 2& Make ½ turn L stepping back on R, Rock back on L, Recover forward onto R (3 o clock)
3&4 Make ½ turn R stepping L back, Make ¼ turn R stepping R to R side, Cross L over R (12 o clock) *** TAG
5 6 Make ¼ turn R stepping R forward, Make ¼ turn R stepping L to L side (6 o clock)
7&8& Cross rock R over L, Recover onto L, Step R to R side, Cross L over R

TAG (16 counts)

- o After 16 counts of the music starting, do the Tag and then continue into the main dance.
 - o During walls 3 and 7, dance up to count 28 *** and go straight into the Tag, then Restart the dance.
- [THESE 8 COUNTS MUST BE DANCED TWICE FOR EACH TAG]

SIDE BACK ROCK, ¼ TURN ¼ TURN CROSS ROCK RECOVER, SWAY x3, SIDE CROSS

- 1 2& Step R to R side, Rock L behind R, Recover onto R (12 o clock)
3&4& Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side, Cross rock L over R, Recover onto R (6 o clock)
5 6 7 8& Sway L, R, L, Step R to R side, Cross L over R

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