

No Angel

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mercè ORRIOLS (ES) - December 2015
音乐: No Angel - Sarah Gayle Meech : (CD: One Good Thing)



Intro: 16 counts

SECT. 1 - ROCK STEP R FWD, COASTER STEP R, STEP ½ TURN R (X2)

1-2 Rock right forward, recover to left
3&4 Step right back, left together, step right forward
5-6 Step left forward, turn ½ right (weight to right)
7-8 Step left forward, turn ½ right (weight to right) (12:00)

SECT. 2 – VAUDEVILLE (L), VAUDEVILLE (R) (end brush)

9-10 Cross left over right, step right back
11-12 Touch left heel diagonally forward, step left together
13-14 Cross right over left, step left back
15-16 Touch right heel forward, brush right back

SECT. 3 - 2 STOMPS R, R KICK BALL CROSS, SIDE, STOMP, L KICK BALL TOUCH

17-18 Stomp right together (twice)
19&20 Kick right forward, right ball together, cross left over right
21-22 Step right side, stomp up left together
23&24 Kick left forward, step left together, touch right together

SECT. 4 - HEEL SWITCHES (R&L), ROCKING CHAIR (R), SIDE, STOMP UP (L)

25&26 Touch right heel forward, step right together, touch left heel forward
&27-28 Step left together, rock right forward, recover to left
29-30 Rock right back, recover to left
31-32 Step right side, stomp up left together (weight to right)

SECT. 5 - TURN ¼ LEFT & STEP, TOE TOUCH, JUMP BACK &L-R, HEEL L, STEP, SCUFF, STEP, SCUFF

33-34 Turn ¼ left and step left forward, touch right toe behind (9:00)
&35-36 Hop left back, step right back, touch left heel forward
37-38 Step left forward, scuff right forward
39-40 Step right forward, scuff left forward

SECT. 6 - ROCK STEP (L) FWD, TOE STRUT TURN ½ LEFT, STEP ¼ TURN (L), R TOE STRUT

41-42 Rock left forward, recover to right
43-44 Step left toe back, turn ½ left and lower left heel
45-46 Step right forward turn ¼ left (weight to left) (12:00)
47-48 Step right toe forward, lower right heel

SECT. 7 - STEP TURN ½ RIGHT, TOE STRUT (L), FULL TURN (L), ROCK FWD (R)

49-50 Step left forward, turn ½ right (6.00)
51-52 Step left toe forward, lower left heel
53-54 Turn ½ left and step right back, turn ½ left and step left forward (6:00)
55-56 Rock right forward, recover to left

SECT. 8 - MAMBO CROSS R & L, FWD OUT-OUT, BACK IN-IN

57&58 Rock right side, recover to left, cross right over
59&60 Rock left side, recover to right, cross left over

61-62 Step right diagonally forward, step left side (out-out)
63-64 Step right home, step left together (in-in) (6.00)

REPEAT

Tag: At the end of the 2nd wall, add 16 counts (12.00)

RIGHT GRAPEVINE ¼ R (scuff), ¼ TURN R CHASSE (L), ROCK STEP (R) BACK

1-2 Step right side, step left behind
3-4 Turn ¼ right and step right forward, scuff left forward
5&6 Turn ¼ right and step left side, step right together, step left side
7-8 Rock right back, recover to left (6.00)

RIGHT GRAPEVINE ¼ R (scuff), ¼ TURN R CHASSE (L), ROCK STEP (R) BACK

9-10 Step right side, step left behind
11-12 Turn ¼ right and step right forward, scuff left forward
13&14 Turn ¼ right and step left side, step right together, step left side
15-16 Rock right back, recover to left (12.00)

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