

No Angels

拍数: 32 墙数: 2 级数: Improver
编舞者: Debbie Mabbs (UK) & Lorraine Monahan (UK) - April 2024
音乐: No Angels - Justin Timberlake



(No tags or restarts)

Intro: 16 counts (approx. 8s) – Start on vocals

S1 [1-8&] R Scuff-Out-Out, R Knee Roll In, Out, L Vaudeville, R Vaudeville

1&2 Scuff R alongside L (1), Step R to R side (&), Step L to L side (2)
3-4 Roll R knee in towards L knee (3), Roll R knee out transferring weight to R (4)
5&6 Cross step L over R (5), Step R to R side (&), Touch L heel to L diagonal (6)
&7& Step L next to R (&), Cross step R over L (7), Step L to L side (&)
8& Touch R heel to R diagonal (8), Step R next to L (&) 12:00

S2 [9-16] Press, Recover, L Shuffle Fwd, Step R, Pivot ½ L, Full Turn L

1-2 Press (rock) fwd on L (1), Recover weight on R leaning back slightly and hitching L (2)
(optional styling for counts 1-2: raise L arm/wrist as if checking the time when you hear the lyric “just a little more time”)
3&4 Step fwd on L (3), Step R next to L (&), Step fwd on L (4)
5-6 Step fwd on R (5), Make ½ turn L (weight fwd on L) (6)
7-8 Make ½ turn L stepping back on R (7), Make ½ turn L stepping fwd on L (8)
(non-turn option for counts 7-8: walk fwd R, L) 6:00

S3 [17-24] Modified Vine R ¼ L, Sweep ½ R, R Sailor, L Sailor

1-2& Step R to R side (1), Step L behind R (2), Make ¼ turn R stepping fwd on R (&) 9:00
3-4 Step fwd on L (3), Keep weight on L and make ½ turn R sweeping R around (4) 3:00
5&6 Step R behind L (5), Step L to L side (&), Step R to R side (6)
7&8 Step L behind R (7), Step R to R side (&), Step L to L side (8)

S4 [25-32] Weave L ¼ L With Knee Pops, Step Fwd R, Pivot ½ L, Full Turn L

1-2 Step R behind L and pop L knee (1), Step L to L side and pop R knee (2)
3-4 Cross step R over L and pop L knee (3), Make ¼ turn L stepping fwd on L (4) 12:00
5-6 Step fwd on R (5), Make ½ turn L (weight fwd on L) (6)
7-8 Make ½ turn L stepping back on R (7), Make ½ turn L stepping fwd on L (8)
(non-turn option for counts 7-8: walk fwd R, L) 6:00

Start Over

ENDING: The music ends during Wall 12. To finish facing 12 o'clock please dance up to and including Count 6 of Section 2 (½ turn L) and splay both hands out to the sides – ta da!!

Last Update: 16 Apr 2024