

My Angel

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lisa Chamberlin & Pam Hess
音乐: Angel - Lionel Richie



ROCK STEP SIDE RIGHT, CROSSING SHUFFLE; ROCK STEP SIDE LEFT, CROSSING SHUFFLE

1-2 Rock right foot to right side, replace weight to left
3&4 Cross right foot over left, step left beside right, cross right over left
5-6 Rock left foot to left side, replace weight to right
7&8 Cross left foot over right, step right beside left, cross left over right

STEP RIGHT ½ TURN, HIPS RIGHT-LEFT-RIGHT; STEP LEFT ½ TURN, HIPS LEFT-RIGHT-LEFT

1-2 Step right foot forward, turn ½ and shift weight to left
3&4 Step right foot forward bumping hips right-left-right
5-6 Step left foot forward, turn ½ and shift weight to right
7&8 Step left foot forward bumping hips left-right-left

STEP RIGHT ¼ TURN, SAILOR STEP RIGHT; SAILOR STEP LEFT, KICK BALL CHANGE RIGHT

1-2 Step right foot forward, turn ¼ and shift weight to left
3&4 Cross right foot behind left, step left slightly to left, step right slightly apart from the left
5&6 Cross left foot behind right, step right slightly to right, step left slightly apart from the right
7&8 Kick right foot forward, step back on right, quickly shift weight to left

ROCK STEP FORWARD RIGHT, COASTER BACK RIGHT; ROCK STEP FORWARD LEFT, COASTER BACK LEFT

1-2 Rock right foot forward, replace weight to left
3&4 Step right foot back, step left foot beside right, step right foot forward
5-6 Rock left foot forward, replace weight to right
7&8 Step left foot back, step right foot beside left, step left foot forward

REPEAT

The music slows way down towards the end of the song and then quickly picks up again. Just keep the rhythm of the dance going through this part. You can do it!
