Jade (My Angel)



编舞者: Maggie Gallagher (UK) 音乐: Angel - Gina Jeffreys



1/4 TURN ROCK WITH KICK, SYNCOPATED WEAVE, DIAGONAL ROCK, TRIPLE FULL TURN

1 Make ¼ turn left rocking right out to right side, swaying hips

You are turning to face 9:00 wall, rocking right towards front wall

2 Recover weight to left, kicking right out to right side

3&4 Cross right behind left, step left to left side, cross right over left
 5-6 Rock diagonally forward left on left, recover back onto right

7& Start triple step full turn left stepping left, right
 Finish triple full turn crossing left over right

DIAGONAL ROCK, SYNCOPATED WEAVE, 1/4 RIGHT, BACK ROCK, 1/4 TURN STEP DRAG

1-2 Rock diagonally forward right on right. Recover back onto left 3&4 Cross right behind left, step left to left side, cross right over left

& Make ¼ turn right stepping back onto left5-6 Rock back on right, rock forward onto left

7-8 Make ¼ turn left, stepping right to right side, drag left in towards right

BACK CROSS HOLD, TRIPLE FULL TURN RIGHT, BACK CROSS HOLD

&1-2 Step left slightly back, cross right over left, hold

3 Make ¼ turn right stepping back on left

& Make ½ turn right stepping forward onto right
4 Make ¼ turn right stepping left to left side

&5-6 Step right slightly back, cross left over right, hold

7 Step right to right side

8 Step onto ball of left behind right starting turn left

1/2 TURN LEFT, SKATES FORWARD, LEFT LOCK, FORWARD ROCK, HIP SWAYS

& Complete ½ turn left stepping right beside left

1-2 Skate left diagonally forward left, skate right diagonally forward right

3&4 Step forward left, lock right behind left, step forward left

5-6 Rock forward on right, rock back onto left

7-8 Sway out to right side on right, sway to left side on left

REPEAT

TAG

Danced only once following the third wall

Step right to right side, angle body left & point left diagonally forward
Step left to left side, angle body right and point right diagonally forward
Step right to right side, angle body left & point left diagonally forward.

7-8 Step left to left side, touch right beside left

For extra styling shoulder rolls can be added when stepping to side