

My Angel

Count: 40

Wand: 2

Ebene: Improver

Choreograf/in: Maggie Marquard (USA)

Musik: Angel - Shaggy



ROCK, STEP, TOGETHER, ROCK BEHIND, STEP, TOGETHER

- 1&2 Rock forward on right, step left in place, step right next to left
- 3&4 Rock back on left, step right in place, step left next to right
- 5&6 Cross rock right behind left, step left in place, step right next to left
- 7&8 Cross rock left behind right, step right in place, step left next to right

ROCK, STEP, PIVOT ½ TURN, FULL TURN, ROCK, STEP, TOGETHER

- 1&2 Rock forward on right, step left in place pivoting ½ turn right, step forward on right
- 3&4 Step left into a ¼ turn right, step right into a ¾ turn right to complete turn, step left forward
- 5&6 Rock forward on right, step left in place, step right next to left
- 7&8 Rock back on left, step right in place, step left next to right

SAILOR SHUFFLE RIGHT & LEFT, TOE, HEEL, HOOK ¼ TURN RIGHT, SHUFFLE FORWARD

- 1&2 Cross step right behind left, step left to left side, step right to right side
- 3&4 Cross step left behind right, step right to right side, step left to left side
- 5&6 Touch right toe next to left, (right knee is slightly bent in) touch right heel next to left toe, pivot ¼ turn right on left foot hooking right foot across left shin
- 7&8 Step right forward, step left next to right, step forward on right

ROCK, STEP, TOGETHER, TOE, HEEL, HOOK ¼ TURN LEFT, SHUFFLE FORWARD

- 1&2 Rock forward on left, step right in place, step left next to right
- 3&4 Rock back on right, step left in place, step right next to left
- 5&6 Touch left toe next to right, (left knee slightly bent in) touch left heel next to right toe, pivot ¼ turn left on right foot hooking left foot across right shin
- 7&8 Step left forward, step right next to left, step forward on left

HIP BUMPS, ROCK, STEP, TOGETHER, ROCK, STEP, TOGETHER

- 1&2 Step forward on right bumping hips right, bum hips left, bump hips right
- 3&4 Step forward on left bumping hips left, bump hips right, bump hips left
- 5&6 Rock back on right, step left in place, step right next to left
- 7&8 Rock back on left, step right in place, step left next to right

REPEAT
