

# My Angel (我的天使) (zh)

COPPER KNOB  
BY STEPHEN METZ

Count: 32

Wall: 4

Level: Advanced

Choreographer: Kim Ray (UK) - 2009年08月

Music: You - Belle Perez



前奏 : Start dancing on lyrics 唱歌起跳

- 第一段** Right Step Forward, Pivot Full Turn, ¼ Turn, Side Cross Side, Rock/Recover, ¼ Turn, ¼ Turn Side Cross Side  
右前踏, 轉圈, 轉1/4, 側交叉側, 下沉回復, 轉1/4, 轉1/4側交叉側
- 1 Step forward on right 右足前踏
- 2&3 Step forward on left, ½ turn right, ½ turn right stepping back on left 左足前踏, 右轉180度, 右轉180度左足後踏
- 4&5 ¼ turn right stepping right to right side, cross step left over right, step right to right side  
右轉90度右足右踏, 左足於右足前交叉踏, 右足右踏
- 6&7 Rock back on left, cross right over left, ¼ turn right stepping back on left 左足後下沉, 右足於左足前交叉踏, 右轉90度左足後踏
- 8&8 ¼ turn right stepping right to right side, cross left over right, step right to right side  
右轉90度右足右踏, 左足於右足前交叉踏, 右足右踏
- 第二段** Cross Rock/Recover, Cross & Step Backs, ½ Turn, ½ Pivot Turn, Side Rock/Recover & ½ Pivot Turn, ¼ Pivot Turn  
交叉下沉回復, 交叉 & 後踏, 1/2, 1/2, 側下沉回復 & 1/2, 1/2
- 1-2 Cross rock/lean left over right, bring weight back on to right  
左足於右足前交叉下沉, 右足回復
- 8&3-4 Step left slightly back of right, cross right over left, step back on left 左足於右足略後踏, 右足於左足前交叉踏, 左足後踏
- 8&5-6 Step right slightly back of left, cross left over right, step back on right 右足於左足略後踏, 左足於右足前交叉踏, 右足後踏
- 8&7& ½ turn left stepping forward on left, step forward on right, ½ pivot turn left 左轉180度左足前踏, 右足前踏, 左軸轉180度
- 8& Step forward on right, ¼ pivot turn left 右足前踏, 左軸轉90度
- 第三段** Right Step Forward, Mambo Steps, ½ Turn, ¾ Turn, Cross Rock/Recover  
右前踏, 曼波, 1/2, 3/4, 交叉下沉回復
- 1 Step forward on right 右足前踏
- 2&3 Rock forward on left, recover back on right, step back on left  
左足前下沉, 右足回復, 左足後踏
- 4&5 Rock back on right, recover forward on left, (RESTART wall 4), step forward on right 右足後下沉, 左足回復, 右足前踏
- RESTART:** Wall 4 facing 9 o/c - dance up to counts 4& of 3rd section then restart the dance (you will be facing 3 o/c).  
第四面牆面向9點鐘, 跳至第三段4&面向3點鐘時, 從頭起跳
- 6 ½ pivot turn left 左軸轉180度
- 8&7 ½ turn left stepping back on right, ¼ left stepping left to left side  
左轉180度右足後踏, 左轉90度左足左踏
- 8&8 Cross rock right over left, recover back on left  
右足於左足前交叉下沉, 左足回復
- 第四段** Ball Cross Left Over Right, Rumba Box, Back Together & Cross Rock, Recover, Ball Step Forward  
踏交叉, 倫巴方塊, 後併 交叉下沉, 回復, 踏前踏
- 8&1 Step right slight back of left, cross left over right  
右足於左足略後踏, 左足於右足前交叉踏
- 2&3 Step right to right side, step left next to right, step forward on right 右足右踏, 左足併踏, 右足前踏

- 4&5 Step left to left side, step right next to left, step back on left  
左足左踏, 右足併踏, 左足後踏
- 6& Step back on right, step back on left  
右足後踏, 左足後踏
- 7& Cross rock right over left, bring weight back on left  
右足於左足前交叉下沉, 左足回復
- 8& Step right to right side, step forward on left  
右足右踏, 左足前踏

**FINISH:** You will be facing 9 o/c dance up to counts 1-2 of 2nd section and ball cross right over left and unwind  $\frac{3}{4}$  turn to face front.

面向9點鐘跳至第二段1-2拍後, 左足踏, 右足於左足前交叉踏, 轉270

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