

Concrete Angel

Count: 32

Wall: 4

Level: Intermediate contra dance

Choreographer: Paul O'Connor (UK)

Music: Concrete Angel - Martina McBride



ROCK ½ TURN, FULL TURN, ROCK AND CROSS, REVERSE ½ TURN

- 1&2 Rock forward on right foot, rock back on left foot, ½ turn right, stepping forward on right
3&4 Turn full turn right on left, right, left
5&6 Rock right foot to right side, recover weight onto left, cross step right over left
7&8 Step left foot to left side, ½ turn back over right shoulder stepping right foot to right, cross step left over right

RIGHT SIDE ROCK STEP, LEFT SIDE ROCK STEP, SIDE TOGETHER, SIDE TOGETHER QUARTER TURN

- 1-2& Step right foot to right side, rock back on left, recover weight onto right
3-4& Step left foot to left side, rock back on right, recover weight onto left
5-6 Step right foot to right side, step left next to right
7&8 Step right foot to right side, step left next to right, step right foot to right making ¼ turn right

ROCK FORWARD, BACK, ½ RONDE TURN, LEFT SAILOR STEP, CROSS UNWIND FULL TURN, STEP SIDE, TOUCH

- 1&2 Rock forward on left foot, recover back onto right foot, turn ½ turn over left shoulder with left ronde
3&4 Step left behind right, step right to right side, step slightly forward on left
5-6 Cross right foot over left, unwind full turn over left shoulder, (keeping weight on right)
7-8 Step big step left on left foot while sliding right foot up to left, touch right toe next to left

KICK BALL CROSS, REVERSE ½ TURN, HIP SWAYS, BEHIND, SIDE CROSS

- 1&2 Kick right foot forward, step down on right, cross left foot over right
3&4 Step right to right side, ½ turn back over left shoulder stepping on left, cross step right over left
5-6 Step left to left side swaying hips to left, step down on right swaying hips to right
7&8 Step left foot behind right, step right to right side, cross step left in front of right

REPEAT
