# My Angel



Compte: 32 Mur: 2 Niveau: Improver

Chorégraphe: Frank Cooper (CAN)

Musique: Angel - Shaggy



#### **Dedicated to Mary Loncke**

## STEP FORWARD RIGHT, SHUFFLE FORWARD LEFT, STEP FORWARD RIGHT, ROCK STEP FORWARD LEFT, TRIPLE ¾ TURN LEFT

1 Step forward on right foot

2&3 Step forward on left, bring right foot up to left foot, step forward on left

4 Step forward on right foot

Fock forward on left foot, recover onto right foot Triple 3/4 turn to the left stepping left, right, left

#### ROCK & CROSS 2X, THREE SIDE TOUCHES, 1/4 TURN RIGHT

9&10	Rock right foot out to right side, recover onto left foot, cross right foot over left
11&12	Rock left foot out to left side, recover onto left foot, cross left foot over right
13&14	Point right toe to right side, bring right foot to left foot, point left toe out to left side

&15-16 Bring left foot to right foot, point right toe to right side, pivot ½ turn to the right on balls of both

feet keeping weight on the left foot

#### SHUFFLE FORWARD RIGHT FOOT, CHASE 1/2 TURN RIGHT, WALK, WALK, KICK BALL TOUCH

17&18	Step forward on right foot, bring	left foot up to right, step	forward on right foot

19&20 Step forward on left foot, bring right foot to left foot making ½ turn to right, step forward on left

foot

21-22 Walk forward right, walk forward left

23&24 Kick right foot forward, bring right foot next to left foot, touch left toe forward angling body 45

degrees to the right

## CROSS BALL CHANGE, PIVOT 1/2 TURN LEFT, SIDE TOUCHES, HIP BUMPS

25&26 Step left foot over right, step back on right, step forward on left

27-28 Point right toe forward, pivot ½ turn left

29&30 Point right toe to right side, bring right foot to left foot, point left toe to left side

31-32 Slide left foot to right foot while pushing right hip to right side, push left hip to left side Optional: on counts 31-32 you can also do a body roll up as you slide your left foot to your right foot

opaonan on obtaine of object our also do a body for up at your for foot to your right foot

### **REPEAT**

At the end of the song it will turn to instrumental for 10 counts of the dance. You will be facing the back wall instead of turning ¾ turn left on the triple, just do a ½ turn to face the front and then do the rock and cross on the right foot, it will end with the music.