

# Ain't No Angel

COPPERKNOB  
BY SHEETS

拍数: 32      墙数: 2      级数: Intermediate NC2  
编舞者: Malene Jakobsen (DK) & Debbie McLaughlin (UK) - February 2015  
音乐: No Angel - Birdy : (Album: Fire Within)



Count in: After 16 counts do the Tag, and then continue into main dance as the lyrics start

## SIDE BACK ROCK, ¼ TURN, 3/8 TURN INTO FULL TURN, CROSS ¼ TURN BACK SIDE, CROSS SIDE

- 1 2&3      Step R to R side, Rock L behind R, Recover onto R, Make ¼ turn R stepping back on L (3 o'clock)
- 4&5      Make 3/8 turn R and step R forward, Make ½ turn R stepping back on L, Make ½ turn R stepping R forward (7 o'clock)
- 6 7&      Step L slightly forward and across R, Make 3/8 turn L stepping back on R, Step L to L side (3 o'clock)
- 8&      Cross R over L, Step L to L side

## BEHIND SWEEP, BEHIND SIDE CROSS SWEEP, CROSS ¼ TURN BACK ROCK RECOVER, SPIRAL ¾ TURN, SIDE CROSS

- 1 2&      Cross R behind L and sweep L from front to back, Cross L behind R, Step R to R side
- 3 4&      Cross L over R & sweep R from back to front, Cross R over L, Make ¼ turn R stepping back on L (6 o'clock)
- 5 6      Rock back on R, Recover forward onto L
- 7 8&      Step R forward and spiral ¾ turn L (keep weight on R), Step L to L side, Cross R over L (9 o'clock)

## SIDE BACK ROCK ¼ TURN, STEP ½ TURN ½ TURN SWEEP BACK SWEEP x2, BEHIND ¼

- 1 2&      Step L to L side, Rock R behind L, Recover onto L
- 3 4&      Make ¼ turn R stepping R forward, Step L forward, Pivot ½ turn R taking weight onto R (6 o'clock)
- 5 6 7      Make ½ turn R stepping L back and sweep R from front to back, Step back on R and sweep L from front to back, Step back on L and sweep R from front to back (12 o'clock)
- 8 &      Cross R behind L, Make ¼ turn L stepping L forward (9 o'clock)

## ½ TURN, BACK ROCK RECOVER, ½ TURN ¼ TURN CROSS, WALK ¼ TURN x2, CROSS ROCK RECOVER SIDE CROSS

- 1 2&      Make ½ turn L stepping back on R, Rock back on L, Recover forward onto R (3 o'clock)
- 3&4      Make ½ turn R stepping L back, Make ¼ turn R stepping R to R side, Cross L over R (12 o'clock) \*\*\* TAG
- 5 6      Make ¼ turn R stepping R forward, Make ¼ turn R stepping L to L side (6 o'clock)
- 7&8&      Cross rock R over L, Recover onto L, Step R to R side, Cross L over R

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## TAG (16 counts)

- o After 16 counts of the music starting, do the Tag and then continue into the main dance.
  - o During walls 3 and 7, dance up to count 28 \*\*\* and go straight into the Tag, then Restart the dance.
- [THESE 8 COUNTS MUST BE DANCED TWICE FOR EACH TAG]

## SIDE BACK ROCK, ¼ TURN ¼ TURN CROSS ROCK RECOVER, SWAY x3, SIDE CROSS

- 1 2&      Step R to R side, Rock L behind R, Recover onto R (12 o'clock)
- 3&4&      Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side, Cross rock L over R, Recover onto R (6 o'clock)
- 5 6 7 8&      Sway L, R, L, Step R to R side, Cross L over R

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