

# My Fallen Angel

COPPERKNOB  
BY STEPHEN HETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Maria Hennings Hunt (UK) & Sean Nash - March 2015  
音乐: My Heart Would Take You Back - Shayne Ward



## #20 count intro (13 seconds)

### Section 1: Step, Pivot 1/2 Turn Left, Right Shuffle, Full Turn Right, Left Shuffle

- 1 – 2      Step right forward, pivot 1/2 turn left [6:00]
- 3 & 4      Step right forward, step left beside right, step right forward
- 5 – 6      1/2 turn right stepping left back, 1/2 turn right stepping right forward [6:00]
- 7 & 8      Step left forward, step right beside left, step left forward [6:00]

### Section 2: Step, Pivot 1/4 Turn Left, Weave, Cross Rock, Recover, Step

- 1 – 2      Step right forward, pivot 1/4 turn left [3:00]
- 3 – 4      Cross right over left, step left to left side
- 5 – 6      Cross right behind left, step left to left side
- 7 & 8      Rock right over left, recover on left, step right to right side [3:00]

### Section 3: Cross Shuffle, Side, Behind, Side Rock, Recover, Behind, 1/4 Turn Left

- 1 & 2      Cross left over right, step right beside left, cross left over right
- 3 – 4      Step right to right side, cross left behind right
- 5 – 6      Rock right to right side, recover on left
- 7 – 8      Cross right behind left, 1/4 turn left stepping left forward [12:00]

### Section 4: Step, Pivot 1/4 Turn Left, Cross Shuffle, Ball Cross, Unwind 1/2 Turn Left, Sweeping Sailor 1/4 Turn Left

- 1 – 2      Step right forward, pivot 1/4 turn left [9:00]
- 3 & 4      Cross right over left, step left beside right, cross right over left,
- & 5 – 6      Step left beside right, cross right over left, unwind 1/2 turn left [3:00]
- 7 & 8      Sweep left to back turning 1/4 left crossing left behind right, step right to right, step left in place [12:00]

### Section 5: Side Rock, Recover, Behind Side Cross, Side, Together, Left Shuffle

- 1 – 2      Rock right to right side, recover on left
- 3 & 4      Cross right behind left, step left to left side, cross right over left
- 5 – 6      Step left to left side, step right beside left
- 7 & 8      Step left forward, step right beside left, step left forward [12:00]

### Section 6: Forward Rock, Recover, Shuffle 1/2 Turn Right, Full Turn Right, Shuffle 1/2 Turn Right

- 1 – 2      Rock forward on right, recover on left
- 3 & 4      1/4 turn right stepping right to right side, step left beside right, 1/4 turn right stepping right forward [6:00]
- 5 – 6      1/2 turn right stepping left back, 1/2 turn right stepping right forward [6:00]
- 7 & 8      1/4 turn left stepping left to left side, step right beside left, 1/4 turn left stepping left back [12:00]

### Section 7: Back Rock, Recover, 1/4 Turn Left, Side Rock, Recover, Cross Shuffle

- 1 – 2      Rock back on right, recover on left
- 3 – 4      1/4 turn left stepping right to right side, touch left beside right [9:00]
- 5 – 6      Rock left to left side, recover on right
- 7 & 8      Cross left over right, step right beside left, cross left over right [9:00]

**Section 8: Side, Behind, Right Chasse 1/4 Turn Right, Step, Pivot 1/2 Turn Right, Left Shuffle**

- 1 – 2            Step right to right side, cross left behind right  
3 & 4            1/4 turn left stepping right to right side, step left beside right, step right forward [12:00]  
5 – 6            Step left forward, pivot 1/2 turn right [6:00]  
7 & 8            Step left forward, step right beside left, step left forward [6:00]

**Tag: Jazz Box**

- 1 – 2            Cross right over left, step left back  
3 – 4            Step right to right side, step left beside right

**Sequence of Dance**

Full dance, Tag [6:00], Sections 1 – 4, Tag [6:00], Full Dance, Tag [12:00],  
Sections 1 – 4, Tag [12:00], Sections 1 – 4, Tag [12:00], Sections 1 – 4, Tag [12:00], Sections 1 – 4, Tag  
[12:00]

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