

Angels & Me

COPPERKNOB
CHOREOGRAPHY SHEETS

拍数: 100 墙数: 4 级数: Easy Intermediate
编舞者: Ryan Lea (AUS) - July 2018
音乐: Angels - Amy Grant : (iTunes)



Start on vocals "Take this man to prison"

SIDE ROCK SHUFFLE TO LEFT, SIDE ROCK SHUFFLE TO RIGHT

1,2,3&4 Step R to side, rock onto L, shuffle R,L,R
5,6,7&8 Step L to side, rock onto R, shuffle L,R,L

FORWARD ROCK, 1/2 TURN SHUFFLE, 1/2 PIVOT TURN & SHUFFLE

1,2,3&4 Step R forward, rock back onto L, 1/2 turn right, shuffle R,L,R
5,6,7&8 Step forward L, pivot 1/2 turn right, weight on R, shuffle L,R,L

VINE RIGHT & TOUCH, VINE LEFT & TOUCH

1,2,3,4 Step R to side, step L behind R, step R to side, touch L
5,6,7,8 Step L to side, step R behind L, step L to side, touch R

1/4 PADDLES x 2, CROSS SAMBA, CROSS SAMBA

1,2,3,4 Step R forward, pivot 1/4 left, take weight onto L x 2
5&6,7&8 Step R across L, step L to side, step R to side; Step L across R, step R to side, step L to side

SIDE ROCK SHUFFLE TO LEFT, SIDE ROCK SHUFFLE TO RIGHT

1,2,3&4 Step R to side, rock onto L, shuffle R,L,R
5,6,7&8 Step L to side, rock onto R, shuffle L,R,L

FORWARD ROCK, 1/2 TURN SHUFFLE, 1/2 PIVOT TURN & SHUFFLE

1,2,3&4 Step R forward, rock back onto L, 1/2 turn right, shuffle R,L,R
5,6,7&8 Step forward L, pivot 1/2 turn right, weight on R, shuffle L,R,L

VINE RIGHT & TOUCH, VINE LEFT & TOUCH

1,2,3,4 Step R to side, step L behind R, step R to side, touch L
5,6,7,8 Step L to side, step R behind L, step L to side, touch R

1/4 PADDLES x 2, CROSS SAMBA, CROSS SAMBA

1,2,3,4 Step R forward, pivot 1/4 left, take weight onto L x 2
5&6,7&8 Step R across L, step L to side, step R to side; Step L across R, step R to side, step L to side

*FORWARD ROCK, 1/2 TURN TRIPLE, CROSS SAMBA, CROSS SAMBA

1,2,3&4 Step R forward, rock back onto L; triple in place turning 1/2 right, R,L,R
5&6,7&8 Step L across R, step R to side, step L to side; Step R across L, step L to side, step R to side

1/4 PADDLES x 2, CROSS SAMBA, CROSS SAMBA

1,2,3&4 Step L forward, pivot 1/4 right, take weight onto R x 2
5&6,7&8 Step L across R, step R to side, step L to side; Step R across L, step L to side, step R to side

ROCKING CHAIR, STEP 1/2 TURN, STEP & HOLD

1,2,3,4 Step L forward, recover weight onto R, step back L, recover weight onto R
5,6,7,8 Step L forward, pivot 1/2 turn right, step L, hold

WALK 2, STEP 1/2 TURN, CROSS SAMBA, CROSS SAMBA

1,2,3,4 Step R,L; step R forward, pivot 1/2 turn left

5&6,7&8 Step R across L, step L to side, step R to side; Step L across R, step R to side, step L to side

1/4 PADDLE, 1/2 PIVOT TURN

1,2,3,4 Step R forward, pivot 1/4 left, take weight onto L; step R forward, turning 1/2 left, replace weight onto L

REPEAT

NOTES: Watch out for 4 second pause on WALL 3, to back, prior to Count 65*, on lyrics " God has angels "

Option (if you don't want to wait for long start !) After spiral out music for 16 beats; dance first 16 steps twice before vocals start

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