

# My Angel and Me

COPPER KNOB  
BY STEPHEN HETS

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Karl-Harry Winson (UK) - January 2019  
音乐: Hello My Love - Westlife



Music available from amazon.co.uk or iTunes.....

Intro: 32 Counts (Start on Heavy Beat)

## Step. Touch. & Heel. Ball-Step. Forward Rock. Triple Full Turn Right.

1 – 2                      Step Right forward. Touch Left beside Right.  
&3                        Step Left down. Dig Right heel forward.  
&4                        Step Right in place. Step forward on Left.  
5 – 6                      Rock forward on Right. Recover weight on Left.  
7&8                      Triple full turn Right (on the spot) stepping: Right, Left, Right. (12.00)

## Forward Rock. Back Shuffle. Back-Drag. Ball-Walk. Walk.

1 – 2                      Rock Left forward. Recover weight on Right.  
3&4                        Step Left back. Step Right beside Left. Step back on Left.  
5 – 6                      Big Step back on Right. Drag Left up towards Right.  
&7-8                      Step Left beside Right. Walk forward Right. Walk forward Left. (12.00)

## Step. Pivot 1/4 Turn Left. Cross. Side. Right Sailor-Heel. Ball-Touch. & Heel.

1 – 2                      Step Right forward. Pivot 1/4 Turn Left. (9.00)  
3 – 4                      Cross Right over Left. Step Left to Left side.  
5&6                        Cross Right behind Left. Step Left to Left side. Dig Right heel to Right diagonal.  
&7                         Step Right beside Left. Touch Left in place beside Right.  
&8                         Step Left to Left side. Dig Right heel to Right diagonal.

## Ball-Cross Rock. Shuffle 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Full Turn Left.

&1-2                      Step Right beside Left. Cross Rock Left over Right. Recover weight on Right.  
3&4                        Step Left to Left side. Close Right beside Left. Turn 1/4 Left stepping Left forward. (6.00)  
5 – 6                      Step Right forward. Pivot 1/2 turn Left. (12.00)  
7 – 8                      Turn 1/2 Left stepping Right back (6.00). Turn 1/2 Left stepping Left forward (12.00).

**\*RESTART Here on Wall 4 facing 3.00 Wall.....\*\*TAG Here on Wall 6 facing 12.00 Wall.**

## Right Dorothy Step. Left Dorothy Step. Forward Rock. Coaster-Cross.

1,2&                      Step Right to Right diagonal. Lock Left behind Right. Step Right to Right diagonal.  
3,4&                      Step Left to Left diagonal. Lock Right behind Left. Step Left to Left diagonal.  
5 – 6                      Rock forward on Right. Recover weight on Left.  
7&8                      Step Right back. Step Left beside Right. Cross step Right over Left.

## Side Rock. 1/4 Turn Right. Full Turn Right. Step. Hitch. Right Coaster Step.

1 – 2                      Rock Left to Left side. Recover weight on Right turning 1/4 Right. (3.00)  
3 – 4                      Turn 1/2 Right stepping Left back (9.00). Turn 1/2 Right stepping Right forward (3.00).  
5 – 6                      Step Left forward. Hitch Right knee up.  
7&8                      Step Right back. Step Left beside Right. Step forward on Right.

## Forward Rock. Shuffle 1/2 turn Left. 1/4 Turn Left. Drag. Ball-Cross. Side.

1 – 2                      Rock Left forward. Recover weight on Right.  
3&4                        Shuffle 1/2 turn Left stepping: Left, Right, Left. (9.00)  
5 – 6                      Turn 1/4 Left stepping Right big step to Right. Drag Left up beside Right. (6.00)  
&7,8                      Step Left in place. Cross Right over Left. Step Left to Left side.

**Right Sailor Step. Left Sailor Step. Jazz Box 1/4 Turn Right.**

1&2            Cross Right behind Left. Step Left out to Left side. Step Right to Right side.  
3&4            Cross Left behind Right. Step Right out to Right side. Step Left to Left side.  
5 – 8           Cross Right over Left. Turn 1/4 Right stepping Left back. Step Right to Right side. Step Left forward. (9.00)

**\*RESTART: During Wall 4, dance 32 Counts, and restart the dance facing 3.00 Wall.**

**\*\*TAG: During Wall 6, dance 32 Counts and add the following 4 Count Tag and then Restart facing 12.00 Wall.**

**Rocking Chair:**

1 – 4            Rock forward Right. Recover on Left. Rock back on Right. Recover forward on Left.

**ENDING: On Wall 7, End the dance with a Jazz Box 1/2 Turn Right to bring you to the front wall to finish.**

**Check out "Hello My Love" by April Coady for an Improver Split Floor**

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