

# Ain't No Angels

COPPER KNOB  
BY SHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - April 2024  
音乐: No Angels - Justin Timberlake



**Start: After 16 counts**

## Step, Mambo Hitch, Back, Coaster Step, Walk-Walk.

1-2&3      Step forward on Left, rock forward on Right, recover on Left, hitch Right knee.  
4-5&6      Step back on Right, Step back on Left, step Right next to Left, step forward Left.  
7-8      Walk forward Right-Left.

## Step, Anchor Step, 1/2, 1/4, Hold, Behind & Cross.

1-2&3      Step forward on Right, Lock Left behind Right, recover on Right, step back Left.  
4-6      Make 1/2 turn Right stepping forward Right, 1/4 Right stepping Left to side, Hold.  
7&8      Cross step Right behind Left, step Left to side, cross step Right over Left.

## Side Rock & Side, Together, Back, 1/4, 1/4, 1/4.

1-2&      Rock Left to Left side, recover on Right, step Left next to Right.  
3-4      Step Right to side, step Left next to Right.  
5-8      Step back on Right, make 1/4 hinge Left stepping Left to side, 1/4 hinge Left stepping Right to side, 1/4 hinge Left stepping Left to side.

## Step, Lock & Step, Lock & Rock Step, 1/2, Sweep.

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 on Left.  
7-8      Make 1/2 turn Right stepping forward Right, Sweep Left. \*R\*

## Cross, Side, Sailor Heel & Cross, Side, 1/2 Hinge, Rock.

1-2      Cross step Left over Right, step Right to side.  
3&4      Cross step Left behind Right, step Right next to Left, touch Left heel to Left diagonal.  
&5-6      Step Left next to Right, cross step Right over Left, step Left to side.  
7-8      Make 1/2 hinge turn to Right hitching Right knee, rock Right to Right side.

## Recover, Sweep, Anchor Step, Rock Step, Plop-Plop.

1-2      Recover on Left, step back on Right sweeping Left.  
3&4      Cross step Left behind Right, recover on Right, step back on Left.  
5-6      Rock back on Right, recover on Left.  
7-8      Step forward Right popping Left knee, step forward Left popping Right knee.

## Side, Hold, Sailor, Behind, Side, Cross, Hold.

1-2      Step Right to side with a slight dip (Left heel touching Left side .. Left toe up), Hold.  
3&4      Cross step Left behind Right, step Right next to Left, step Left to side with slight dip (Right heel touching Right side... toe up).  
5-8      Cross step Right behind Left, step Left to side, cross step Right over Left, Hold.

## Side Rock, Cross Shuffle, Rock, Recover, Sailor 3/8.

1-2      Rock Left to Left side, recover on Right.  
3&4      Cross step Left over Right, step Right to side, cross step Left over Right. (Travelling toward Right Diag)  
5-6      Rock Right forward into Right diagonal, recover on Left.

7&8

Cross step Right behind Left making 1/8 turn Right, step Left next to Right, 1/4 turn Right stepping forward on Right.

**\*R\* Restart: Wall 3.. Dance Up To & Including Count 32.. Then Restart From Beginning.**

---