

Arms of an Angel

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate - waltz
編舞者: Paula-jayne Ogilvie (AUS) - January 2024
音樂: Angel (feat. Beccy Cole) - Hayley Jensen



This dance contains 1 restart and a hesitation with a tag and restart with step change.
Weight should be on RF to start the dance,
Dance starts on the word "waiting"

Section 1 - 1/4 left, sweep, cross, side, behind.

1,2,3 1/4 turn left stepping LF forward, sweep RF from back to front for 2 counts. (9:00)
4,5,6 Cross RF in front of LF, step LF to L side, cross RF behind LF.

Section 2 - step left, drag right to left, cross waltz 1/2 turn.

1,2,3 Big step with LF to L side, drag RF towards LF for 2 counts.
4,5,6 cross RF over LF, step LF back 1/4 turn to right, step RF forward making 1/4 turn to right (3:00).

Section 3 - step left forward, hook right behind left, step back, sweep.

1,2,3 step LF forward, hook RF behind LF dragging your toe up back of leg for 2 counts.
4,5,6 step RF back, sweep LF from front to back for 2 counts.

Section 4 - toe touch 1/2 turn, sway hips L,R,L

1,2,3 touch L toe behind RF, 1/2 left for 2 counts (keeping weight on RF keeping your left heel off the ground) (9:00)
4,5,6 step LF to L side swaying hips L,R,L

Section 5 - 1/4 turn, 1/2 turn, cross samba.

1,2,3 step 1/4 turn right, step RF forward (12:00), pivot 1/2 turn right weight on LF. (6:00)
4,5,6 cross LF over RF, step RF to right side, recover weight LF.

Section 6 - cross samba, cross point.

1,2,3 cross RF over LF, step LF to right side, recover weight RF
4,5,6 step LF forward over RF, point RF to right side, hold

Section 7 - back point, modified sailor 1/4 turn left.

1,2,3 step back RF, point LF to left side, hold
4,5,6 step LF behind RF, 1/4 turn left stepping right out to side, step LF forward. (3:00)

Section 8 - point right, 1/4 sailor

1,2,3 point RF to right side hold, hold,
4,5,6 Cross RF behind left, 1/4 turn right stepping LF out to side, recover weight to RF. (6:00)

End of dance.

Notes. This dance is 2 walls but with restart and tag turns it into a 4 wall .

Restart:- wall 5 after 23 counts only sway left and right then restart dance 9:00. Stepping LF 1/4 sweep (6:00)

Hesitation, tag, restart:- this happens all on wall 7 (9:00) after 36 counts you will be on wall 7 facing 9:00 after cross point you will pause for 6 counts until music restarts then complete following tag and after tag restart the dance.

TAG... back sweep, back sweep, behind, rock, recover, full spiral turn

1,2,3, step RF back, sweep LF front to back for 2 counts

4,5,6 step LF back, sweep RF front to back for 2 counts
1,2,3 cross RF behind LF, step LF out to side rocking to left, recover weight onto RF.
4,5,6 touch left toe behind RF, unwindful turn left back to 9:00 keeping weight on right foot and keeping left heel off ground)

restart dance without 1/4 turn just restart dance with step forward LF sweep 9:00

Ending wall 9 after 39 counts 1/2 turn sailor, step forward drag.

1,2,3 cross LF behind RF turning 1/4 left, step RF out to right side turning 1/4 left, step forward on LF. 12:00.

4,5,6 step right foot forward, drag left foot up to right for 2 counts

More info contact Paula Jayne Ogilvie at paulajogilvie1988@gmail.com

Last Update: 14 Feb 2024
