

# My Angel

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Frank Cooper (CAN)  
音樂: Angel - Shaggy



Dedicated to Mary Loncke

## STEP FORWARD RIGHT, SHUFFLE FORWARD LEFT, STEP FORWARD RIGHT, ROCK STEP FORWARD LEFT, TRIPLE $\frac{3}{4}$ TURN LEFT

1                    Step forward on right foot  
2&3                Step forward on left, bring right foot up to left foot, step forward on left  
4                    Step forward on right foot  
5-6                Rock forward on left foot, recover onto right foot  
7&8                Triple  $\frac{3}{4}$  turn to the left stepping left, right, left

## ROCK & CROSS 2X, THREE SIDE TOUCHES, $\frac{1}{4}$ TURN RIGHT

9&10              Rock right foot out to right side, recover onto left foot, cross right foot over left  
11&12             Rock left foot out to left side, recover onto left foot, cross left foot over right  
13&14             Point right toe to right side, bring right foot to left foot, point left toe out to left side  
&15-16            Bring left foot to right foot, point right toe to right side, pivot  $\frac{1}{4}$  turn to the right on balls of both feet keeping weight on the left foot

## SHUFFLE FORWARD RIGHT FOOT, CHASE $\frac{1}{2}$ TURN RIGHT, WALK, WALK, KICK BALL TOUCH

17&18            Step forward on right foot, bring left foot up to right, step forward on right foot  
19&20            Step forward on left foot, bring right foot to left foot making  $\frac{1}{2}$  turn to right, step forward on left foot  
21-22            Walk forward right, walk forward left  
23&24            Kick right foot forward, bring right foot next to left foot, touch left toe forward angling body 45 degrees to the right

## CROSS BALL CHANGE, PIVOT $\frac{1}{2}$ TURN LEFT, SIDE TOUCHES, HIP BUMPS

25&26            Step left foot over right, step back on right, step forward on left  
27-28            Point right toe forward, pivot  $\frac{1}{2}$  turn left  
29&30            Point right toe to right side, bring right foot to left foot, point left toe to left side  
31-32            Slide left foot to right foot while pushing right hip to right side, push left hip to left side

Optional: on counts 31-32 you can also do a body roll up as you slide your left foot to your right foot

## REPEAT

At the end of the song it will turn to instrumental for 10 counts of the dance. You will be facing the back wall instead of turning  $\frac{3}{4}$  turn left on the triple, just do a  $\frac{1}{2}$  turn to face the front and then do the rock and cross on the right foot, it will end with the music.