

Concrete Angel

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate / High Intermediate NC
編舞者: Dee Musk (UK) - March 2012
音樂: Concrete Angel - Martina McBride : (Album: Hits and More - 4:13)



16 Count Intro. Approx 24 secs. BPM 80

Re: Choreographing to 'Concrete Angel'. It may seem strange that I've written to a track about the distressing subject of child cruelty, but this is something I feel strongly against and passionate about.

Much Love Dee xx

Step Rock Recover, Back, Run Run, Back Rock, ¼ Turn L Behind, 1/2 Turn R, Step Behind With Sweep.

- 1,2& Step forward R, rock forward on L, recover weight to R.
- 3,4& Step back on L, run back R, L.
- 5,6 Rock back on R, recover weight to L.
- 7& Make a ¼ turn L stepping R to R side, cross L behind R.
- 8& Make a ¼ turn R stepping forward on R, make a ¼ turn R stepping L to L side.
- 1 Cross R behind L whilst sweeping L from front to behind R. (3 o'clock).

Behind Side Cross, ¾ Turn L, Rock Recover, Run Run, ½ Turn L.

- 2&3 Step L behind R, step R to R side, cross L over R.
- 4& Make a ¼ Turn L stepping back on R, make a ½ turn L stepping forward on L.
- 5,6 Rock forward on R, recover weight to L.
- &7 Run back R, run back L.
- 8& Make a ¼ turn L stepping back on R, make another ¼ turn L stepping forward on L. (12 o'clock).

****Restart walls 4 & 8 - Begin again.**

Cross Rock Recover Side, Cross Rock Recover Side, Cross, ¼ Turn R Side Cross, Full Turn Side.

- 1,2& Cross rock R over L, recover weight to L, step R to R side.
- 3,4& Cross rock L over R, recover weight to R, step L to L side.
- 5 Cross R over L.
- 6&7 Make a ¼ turn R stepping back on L, step R to R side, cross L over R.
- 8&1 Make a ¼ turn L stepping back on R, make a ½ turn L stepping forward on L, make a ¼ turn L stepping R to R side. (3 o'clock).

(Optional Chasse R counts 8&1).

Back Rock Side, Back Rock ¼ Turn R, Step Full Turn R, Back Together.

- 2&3 Rock L behind R, recover weight to R, step L to L side.
- 4&5 Rock R behind L, recover weight to L, make a ¼ turn R stepping forward on R.
- 6&7 Step forward on L, make a ½ turn R, weight forward on R make a ½ turn R stepping back on L.
- 8& Step back on R, close L beside R. (6 o'clock).

***Tag - end of wall 1 - begin again facing 6 o'clock**

TAG: 8 Count Tag

Step, Step ½ Turn R, Step, Step ½ Turn L, Cross Rock Recover Side, Cross Rock Recover Side.

- 1 Step forward on R.
- 2&3 Step forward on L, make a ½ turn R, step forward on L.
- 4& Step forward on R, make a ½ turn L.
- 5,6& Cross rock R over L, recover weight to L, step R to R side.
- 7,8& Cross rock L over R, recover weight to R, step L to L side.

Restart 1 – During wall 4 begin again facing 6 o'clock.
Restart 2 – During wall 8 begin again facing 12 o'clock.

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