

Angel On The Beach

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Manuela Treuheit - September 2013
音樂: Mermaid - Train : (iTunes)



Sequence: 64, 48 restart, 64, 48 restart, 16, 6 count Tag, restart, 64
Introduction: 16 counts

(1-8) R Kick Ball Change, R Sailor, L Kick Ball Change, L Heel Grind ¼ Turn L

1&2 Kick R Foot Forward, Step R Foot Back (Next To L), Step In Place On L Foot
3&4 Rock R Behind L, Step L Foot Out To L Side, Step R Foot Out To R Side
5&6 Kick L Foot Forward, Step L Foot Back (Next To R), Step In Place On R Foot
7&8 Grinding The Left Heel Forward Into The Floor While Swiveling L Toe All The Way To L And
Turning ¼ L, Recover Weight Back On R, Step L Back Next To R (Weight L) 9 O`Clock

(9-16) R Sailor, L Sailor, Out-Out, In-In

1&2 Rock R Foot Behind L, Step L Foot Out To L Side, Step R Foot Out To R Side
3&4 Rock L Foot Behind R, Step R Foot Out To R Side, Step L Foot To L Side
5-6 Step Diagonally Forward With R, Step Diagonally Forward With L,
7&8 Step R Foot Diagonally Back, Step L Foot Diagonally Back (Weight Is On L), Touch R Toes
In Place (9 O`Clock)

(Here: 6 Count Tag And Restart On Wall 5)

(17-24) Crossing Heel Jack With ¼ Turn R, ½ Turn L, L Coaster Cross And Cross And Cross

1&2& Cross R Over L, Step L To The Side By Turning ¼ To The R, Touch R Heel Forward, Step R
Back Next To L (Weight Is On R) (12 O`Clock)
3-4 Step Forward On L, Turn ½ Turn Over Left By Stepping R Foot Back (6 O`Clock)
5&6& Step Back On L, Step R Next To L, Cross L Over R, Step R To The R
7&8 Cross L Over R, Step R To The R, Cross L Over R

(25-32) Rock Recover, Behind Side Cross, Rock Recover, L Coaster Step

1-2 Step R To The Side, Recover Weight Back On L
3&4 Step R Behind L, Step L To The Side, Cross R Over L
5-6 Step L To The Side, Recover Weight Back On R
7&8 Step Back On L, Step R Next To L, Step L Foot Forward (6 O`Clock)

(33-40) Heel Hook, Heel Touch, ½ Rumba Box R, Heel Touch, Side Touch, ½ Turn L

1&2& Touch R Heel Forward, Hook R Heel In Front Of L Leg, Touch R Heel Forward, Touch R
Toes Next To L Foot
3&4 Step R Foot To The R , Step L Foot Next To R, Step R Foot Forward
5&6& Touch L Heel Forward, Touch L Toes Back Next To R, Touch L Toes To The L, Touch L
Toes Back Next To R
7-8 Touch L Toes Behind R Foot, Turn ½ Turn Left On Your Toes, Weight Is On L Foot (12
O`Clock)

(41-48) Rock Recover, ½ Triple Turn R, ½ Triple Turn R, R Coaster Step

1-2 Step Forward On R, Recover Weight Back On L
3&4 Triple ½ Turn R, Stepping Right-Left-Right (6 O`Clock)
5&6 Triple ½ Turn R, Stepping Left-Right-Left (12 O`Clock)
7&8 Step Back On R, Step L Next To R, Step Forward On R

(Last Step Is A R Touch Next To L, When You Restart On Wall 2 And 4)

(49-56) Step, 1/4 Turn R With A Cross, Rumba Box, R Coaster Step

1&2 Step Forward On L, Turn $\frac{1}{4}$ To The R, Cross L Foot Over R (3 O`Clock)
3&4 Step R To The Side, Step L Next To R, Step Forward On R (Weight Is On R)
5&6 Step L To The Side, Step R Next L, Step Back On L
7&8 Step Back On R, Step L Next To R, Step Forward On R

(57-64) Step, $\frac{1}{4}$ Turn R With A Cross, $\frac{1}{4}$ Turn L, $\frac{1}{2}$ Turn L, R Coaster Forward, L Coaster Back

1&2 Step Forward On L, Turn $\frac{1}{4}$ To The R, Cross L Over R (6 O`Clock)
3-4 Step R Foot Back, By Turning $\frac{1}{4}$ To The L, Step Back On L And Turn At The Same Time $\frac{1}{2}$
To The L (9 O`Clock)
5&6 Step Forward On R, Step L Next To R, Step Back On R
7&8 Step Back On L, Step R Next To L, Step Forward On L

Tag: On 5th Wall After 16 Counts

(1-6) Jazz Box To The L, R Kick Ball Change

1-2 Cross R Over L, Step Back On L
3-4 Step R To The Right Side, Step L Next To R (Weight Is On L)
5&6 Kick R Foot Forward, Step R Foot Back Next To L, Step In Place On L Foot

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