

Terry & Caroline French*

01395 - 512569

mobile - 07866 089 575

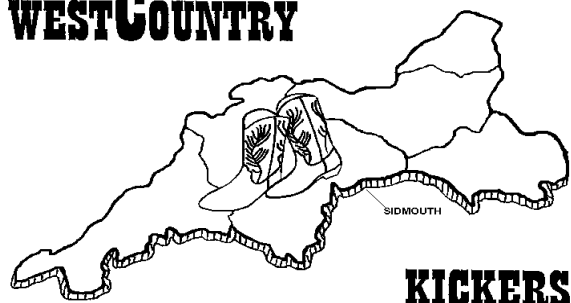
e-mail - westcountrykickers@talktalk.net

*

Qualified Instructor with the

D&G Organisation for
Country Western Dance Instructors.

WESTCOUNTRY



MY ANGEL

Choreographed by: Terry and Caroline French, 04/2018, westcountrykickers@talktalk.net

Description: 64 count partner dance, Start position facing RLOD, holding inside hands, Lady on outside, Man on inside

Music: "Angel" by Gina Jeffreys, (92bpm) CD: Angel (available from Amazon & iTunes)

MAN

ROCK FORWARD, RECOVER, ¼ TURN SIDE SHUFFLE

1,2,3&4 Rock forward on L, Recover onto R, Turn ¼ turn left into side shuffle L,R,L

Take hands over lady's head as she turns, then into closed western hold when face to face

WEAVE, ¼ TURN

5,6,7,8 Cross R over L, Step L to left side, Cross R behind L, Turning ¼ turn left step forward on L

Change to inside hand hold on count 8

STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD

9,10,11&12 Step forward on R, Pivot ½ turn left, Shuffle forward R,L,R

Release hands on count 10, pick up inside hands on count 11

ROCKING CHAIR

13,14,15,16 Rock forward on L, Recover onto R, Rock back on L, Recover onto R

STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD

17,18,19&20 Step forward on L, Pivot ½ turn right, Shuffle forward L,R,L

Release hands on count 18, pick up inside hands on count 19

WALK, WALK, SHUFFLE FORWARD

21,22,23&24 Walk forward R,L, Shuffle forward R,L,R

Take hands over lady's head as she turns in front of man, then into closed western hold when face to face

ROCK FORWARD, RECOVER, SHUFFLE BACKWARDS

25,26,27&28 Rock forward on L, Recover onto R, Shuffle backwards L,R,L

ROCK BACK, RECOVER, SHUFFLE FORWARDS

29,30, 31&32 Rock back on R, Recover onto L, Shuffle forward R,L,R

Release man's right/lady's left hands as lady turns under raised hands to ILOD

WALK, WALK, SHUFFLE FORWARD

33,34,35&36 Walk forward L,R, Shuffle forward L,R,L

STEP FORWARD, PIVOT ½ TURN, SHUFFLE ½ TURN

37,38,39&40 Step forward on R, Pivot ½ turn left, Shuffle ½ turn left R,L,R

Release hands on count 38, pick up inside hands on count 40

ROCK BACK, RECOVER, SHUFFLE FORWARDS

41,42,43&44 Rock back on L, Recover onto R, Shuffle forward L,R,L

WALK, WALK, SHUFFLE FORWARD

45,46,47&48 Walk forward R,L, Shuffle forward R,L,R

ROCK FORWARD, RECOVER, COASTER STEP

49,50,51&52 Rock forward on L, Recover onto R, Step back on L, Step R beside L, Step forward on L

BEHIND, SIDE, SHUFFLE FORWARD

53,54,55&56 Cross R behind L, Step L to left side, Shuffle forward R,L,R (crossing behind lady, now on ILOD)

Take hands over lady's head for the first turn, then release and change hands for the second turn. Lady now on OLOD

WALK, WALK, SHUFFLE FORWARD

57,58,59&60 Walk forward L,R, Shuffle forward L,R,L

ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

61,62,63&64 Rock forward on R, Recover onto L, Shuffle ½ turn right R,L,R

Release hands on count 63, pick up inside hands on count 64

START AGAIN

LADY

STEP FORWARD, PIVOT ½ TURN, ¼ TURN SIDE SHUFFLE

Step forward on R, Pivot ½ turn left, Turn ¼ turn left into side shuffle R,L,R

Take hands over lady's head as she turns, then into closed western hold when face to face

WEAVE, ¼ TURN

Cross L behind R, Step R to right side, Cross L over R, Turning ¼ turn right step forward on R

STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD

Step forward on L, Pivot ½ turn right, Shuffle forward L,R,L

ROCKING CHAIR

Rock forward on R, Recover onto L, Rock back on R, Recover onto L

STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD

Step forward on R, Pivot ½ turn left, Shuffle forward R,L,R

¼ TURN, ¼ TURN, SHUFFLE BACKWARDS

¼ turn right step L to left side, ¼ turn right step back on R (now in front of man), Shuffle backwards L,R,L

ROCK BACK, RECOVER, SHUFFLE FORWARDS

Rock back on R, Recover onto L, Shuffle forward R,L,R

STEP FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD

Step forward on L, Pivot ½ turn right (now on ILOD), Shuffle forward L,R,L

WALK, WALK, SHUFFLE FORWARD

Walk forward R,L, Shuffle forward R,L,R

STEP FORWARD, PIVOT ½ TURN, SHUFFLE ½ TURN

Step forward on L, Pivot ½ turn right, Shuffle ½ turn right L,R,L

ROCK BACK, RECOVER, SHUFFLE FORWARDS

Rock back on R, Recover onto L, Shuffle forward R,L,R

WALK, WALK, SHUFFLE FORWARD

Walk forward L,R, Shuffle forward L,R,L

ROCK FORWARD, RECOVER, COASTER STEP

Rock forward on R, Recover onto L, Step back on R, Step L beside R, Step forward on R

CROSS, ½ TURN, SHUFFLE ½ TURN

Cross L over R, Turning ½ turn left step back on R, Shuffle ½ turn left L,R,L, (crossing in front of man, now on OLOD)

WALK, WALK, SHUFFLE FORWARD

Walk forward R,L, Shuffle forward R,L,R

ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

Rock forward on L, Recover onto R, Shuffle ½ turn left L,R,L