

MY ANGEL

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Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: Frank Cooper

Music: Angel by 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.