

# Ain't No Angel

**Count:** 32    **Wall:** 2    **Level:** Intermediate NC2

**Choreographer:** Malene Jakobsen (Denmark) & Debbie McLaughlin (UK) Feb 2015

**Music:** No Angel by Birdy (Album: Fire Within)

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**Count in: After 16 counts do the Tag, and then continue into main dance as the lyrics start**

## **SIDE BACK ROCK, ¼ TURN, 3/8 TURN INTO FULL TURN, CROSS ¼ TURN BACK SIDE, CROSS SIDE**

- 1 2&3      Step R to R side, Rock L behind R, Recover onto R, Make ¼ turn R stepping back on L (3 o clock)
- 4&5      Make 3/8 turn R and step R forward, Make ½ turn R stepping back on L, Make ½ turn R stepping R forward (7 o clock)
- 6 7&      Step L slightly forward and across R, Make 3/8 turn L stepping back on R, Step L to L side (3 o clock)
- 8&      Cross R over L, Step L to L side

## **BEHIND SWEEP, BEHIND SIDE CROSS SWEEP, CROSS ¼ TURN BACK ROCK RECOVER, SPIRAL ¾ TURN, SIDE CROSS**

- 1 2&      Cross R behind L and sweep L from front to back, Cross L behind R, Step R to R side
- 3 4&      Cross L over R & sweep R from back to front, Cross R over L, Make ¼ turn R stepping back on L (6 o clock)
- 5 6      Rock back on R, Recover forward onto L
- 7 8&      Step R forward and spiral ¾ turn L (keep weight on R), Step L to L side, Cross R over L (9 o clock)

## **SIDE BACK ROCK ¼ TURN, STEP ½ TURN ½ TURN SWEEP BACK SWEEP x2, BEHIND ¼**

- 1 2&      Step L to L side, Rock R behind L, Recover onto L
- 3 4&      Make ¼ turn R stepping R forward, Step L forward, Pivot ½ turn R taking weight onto R (6 o clock)
- 5 6 7      Make ½ turn R stepping L back and sweep R from front to back, Step back on R and sweep L from front to back, Step back on L and sweep R from front to back (12 o clock)
- 8 &      Cross R behind L, Make ¼ turn L stepping L forward (9 o clock)

## **½ TURN, BACK ROCK RECOVER, ½ TURN ¼ TURN CROSS, WALK ¼ TURN x2, CROSS ROCK RECOVER SIDE CROSS**

- 1 2&      Make ½ turn L stepping back on R, Rock back on L, Recover forward onto R (3 o clock)
- 3&4      Make ½ turn R stepping L back, Make ¼ turn R stepping R to R side, Cross L over R (12 o clock) \*\*\* TAG
- 5 6      Make ¼ turn R stepping R forward, Make ¼ turn R stepping L to L side (6 o clock)
- 7&8&      Cross rock R over L, Recover onto L, Step R to R side, Cross L over R

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**TAG (16 counts)**

- o After 16 counts of the music starting, do the Tag and then continue into the main dance.
- o During walls 3 and 7, dance up to count 28 \*\*\* and go straight into the Tag, then Restart the dance.

**[THESE 8 COUNTS MUST BE DANCED TWICE FOR EACH TAG]**

**SIDE BACK ROCK, ¼ TURN ¼ TURN CROSS ROCK RECOVER, SWAY x3, SIDE CROSS**

1 2& Step R to R side, Rock L behind R, Recover onto R (12 o clock)

3&4& Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side, Cross rock L over R,

**Recover onto R (6 o clock)**

5 6 7 8& Sway L, R, L, Step R to R side, Cross L over R

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