

# Ain't No Angel

32 count, 2 wall, intermediate level, NC2

Choreographer: Malene Jakobsen (Denmark) & Debbie McLaughlin (UK), February 2015

Choreographed to: "No Angel" by Birdy

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

- Section 1**    **Side, Back Rock, 1/4 Turn, 3/8 Turn into Full Turn, Cross, 1/4 Turn Back, Side, Cross, Side**  
 1, 2&3        Step R to R side, Rock L behind R, Recover onto R, 1/4 turn R stepping back on L (3:00)  
 4&5         3/8 turn R and step R forward, 1/2 turn R stepping back on L, 1/2 turn R stepping R forward (7:30)  
 6, 7&        Step L slightly forward and across R, 3/8 turn L stepping back on R, Step L to L side (3:00)  
 8&            Cross R over L, Step L to L side
- Section 2**    **Behind Sweep, Behind Side Cross Sweep, Cross 1/4 Turn Back Rock, Spiral 3/4 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, 1/4 turn R stepping back on L (6:00)  
 5, 6         Rock back on R, Recover forward onto L  
 7, 8&        Step R forward and spiral 3/4 turn L (keep weight on R), Step L to L side, Cross R over L (9:00)
- Section 3**    **Side, Back Rock, 1/4 Turn, Step 1/2 Turn, 1/2 Turn Sweep, Back Sweep x2, Behind 1/4 Turn, Step**  
 1, 2&        Step L to L side, Rock R behind L, Recover onto L  
 3, 4&        1/4 turn R stepping R forward, Step L forward, Pivot 1/2 turn R taking weight onto R (6:00)  
 5-7         1/2 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 (12:00)  
 8&            Cross R behind L, 1/4 turn L stepping L forward (9:00)
- Section 4**    **1/2 Turn, Back Rock, 1/2 Turn, 1/4 Turn Cross, 1/4 Turn x2, Cross Rock, Side Cross**  
 1, 2&        1/2 turn L stepping back on R, Rock back on L, Recover forward onto R (3:00)  
 3&4         1/2 turn R stepping L back, 1/4 turn R stepping R to R side, Cross L over R (12:00) \*\*\* **Tag**  
 5, 6         1/4 turn R stepping R forward, 1/4 turn R stepping L to L side (6:00)  
 7&8&        Cross rock R over L, Recover onto L, Step R to R side, Cross L over R
- Intro/Tag:**    *After 16 counts of the music starting, do the Tag and then continue into the main dance*  
                     *During walls 3 and 7, dance up to count 28 \*\*\* and go straight into the Tag, then Restart the dance*  
                     **Side, Back Rock, 1/4 Turn, 1/4 Turn, Cross Rock, Sway x2, Side Cross**  
 1, 2&        Step R to R side, Rock L behind R, Recover onto R (12:00)  
 3&4&        1/4 turn R stepping back on L, 1/4 turn R stepping R to R side, Cross rock L over R (6:00)  
 5-7         Sway L, R, L, Step R to R side  
 8&            Cross L over R
- 1-8            **Repeat these 8 counts of the tag**

Quelle:

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