

MY ANGEL

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 Music : "My Angel Put The Devil In Me" Very Ballroom Vol 3 CD 2 Track 2
 Rhythm : West Coast Swing time 3:19
 ph V+2 (Whip Insd Trn, Traveling Sd Pass)+2(Moon Walk, Insd Whip)
 Speed : Sow Down(-6%) Date: May 2017 Ver 1.0
 Footwork : Opposite, directions for man(lady as noted)
 Sequence: Intro - A - Int1 - A(1-8) - B - Int2 - A(9-16) - C - B - Ending



Meas

INTRO

1~12 LOP-FC/LOD lead foot free Wait pickup notes & 2 meas;;
Whip Insd Trn;; Moon Walk(W X Swivel Walk);;
Start Wrapped Whip; Wheel 4 W Trans fc LOD; Boogie Walk 4S;;
Throw Out W Trans to Bk-to-Bk; Slow Swivel Fc;

- 1- 2 LOP-FC/LOD lead foot free Wait pickup notes & 2 meas;;
 QQQ&Q 3- 4 (Whip Insd Trn) Bk L, rec R slightly XIF of L blend CP 1/4 RF trn, sd L cont
 RF trn/rec fwd R cont RF trn, cont trn sd & fwd L fc RLOD(W fwd R, fwd L 1/2
 RF trn fc LOD, bk R/cl L, fwd R to CP);
 QQQ&Q XRIB of L commence 1/2 RF trn fc LOD lead W LF trn under lead hands, fwd L, hip
 rk action bk R/rec L, bk R(W fwd L commence LF trn under lead hands, cont LF
 trn bk R fc RLOD, hip rk action bk L/rec R, bk L)
 SSSS 5- 6 (Moon Walk W X Swivel Walk) Tch lead hands palm to palm bk L take weight on the
 L and lift the L heel as the R foot slide bk,-, press into the R foot lifting
 the R heel as the L foot slide bk,-; Press into L foot lifting the L heel as
 the R foot slide bk,-, press into the R foot lifting the R heel as the L foot
 slide bk,-; (W swivel LF on L fwd & across R,-, swivel RF on R fwd & across L,-;
 swivel LF on L fwd & across R,-, swivel RF on R fwd & across L,-;)
 QQQ&Q 7 (Start Wrapped Whip) Bk L, rec R slightly XRIF of L blend Bfly, sd L commence
 RF trn start lead W Wrap/rec fwd R cont RF trn, cont trn sd & fwd L Wrapped position
 fc RLOD(W fwd R, fwd L, fwd R/cl L, bk R);
 QQQ- 8 (Wheel 4 M Trans) RF wheel fwd R, L, R, tch L to R(W bk L, R, L, R) Wrapped position
 (QQQ) fc LOD;
 SS 9 (Boogie Walks) Draw L to R rise on R ft pushing body fwd as L ft moves fwd & circles
 CCW to end diag fwd on ball of ft then whole ft lowering into knee,-, draw
 the R foot to L rise on the L pushing the body fwd as the R moves fwd & circles
 CW to end diag fwd on ball of foot then whole foot lowering into the knee,-;
 SS 10 Repeat meas 9 of Introduction;
 Q&QQ&Q 11 (Throw Out W Trans to Bk to Bk) Sd & fwd L/cl R, sd & fwd L, XRIB of L commence
 (QQQ&Q) RF trn/cont RF trn stp in place L, cont trn XRIF of L bk to bk fc RLOD(W sd &
 fwd L commence LF trn, fwd R cont LF trn fc partner & RLOD, XLIB of R commence
 LF trn/cont LF trn stp in place R, cont trn XLIF of R bk to bk fc LOD);
 -- 12 (Slow Swivel Fc) Swivel LF(W RF) on R fc partner & LOD,-,-,-;

Meas

PART A

1~ 8 Sugar Push;, Underarm Trn,;; Tuck & Spin,;,
L Sd Pass W Overtrn,;; Chicken Walk 4S;;

- QQQQ 1- 3 (Sugar Push) Bk L, bk R, tap L trail hand palm tch, rec fwd L; Hip rk action
 Q&Q small stp bk R/rec L, bk R(W fwd R, fwd L, left shoulder lead tap R behind
 L trail hand palm tch, rec bk R; Hip rk action bk L/rec R, bk L),
 QQQ&Q (Underarm Trn) Bk L, rec R slightly XIF of L commence RF trn; Sd L lead W LF
 Q&Q trn under lead hand/rec R cont RF trn, fwd L fc RLOD, hip rk action small stp
 bk R/rec L, bk R(W fwd R, fwd L commence LF trn under lead hand; Cont LF trn
 sd R/XLIF of R, cont trn sd & bk R fc LOD, hip rk action small stp bk L/rec R,
 bk L) LOP-FC/RLOD;
 QQQQ 4- 6 (Tuck & Spin) Bk L, bk R low Bfly, tch L to R, small fwd L lead W RF spin
 Q&Q (W fwd R, fwd L slight LF trn, tch R to L, commence RF trn fwd R RF spin);
 Hip rk action small stp bk R/rec L, bk R, (W cont trn fc LOD hip rk action bk
 L/rec R, bk L) LOP-FC/RLOD,
 QQQ&Q (L Sd Pass W Overtrn) Commence LF trn sd & bk L, rec R; Sd L/cl R, sd & fwd L
 Q&Q fc LOD, hip rk action small stp bk R/rec L, bk R(W fwd R, Fwd L commence LF trn;
 cont LF trn sd R/XLIF of R, sd & bk R cont trn spiral action on R fc LOD, fwd
 L/cl R, fwd L) Tandem fc LOD;

SSSS 7- 8 (Chicken Walk 4S) Small stp bk L(W swivel 1/2 RF on L fwd R), -, bk R(W swivel LF on R fwd L), -; Small stp bk L(W swivel RF on L fwd R), -, bk R(W swivel LF on R fwd L), -;

9~16 Wrapped Whip;; Underarm Trn both Hook Trn;., Swivel Fc; Cheek to Cheek;., Kick Ball Chg; Surprise Whip;

QQQ&Q 9-10 (Wrapped Whip) Bk L, rec R slightly XRIF of L blend Bfly, sd L commence RF trn start lead W Wrap/rec fwd R cont RF trn, cont trn sd & fwd L Wrapped position fc RLOD(W fwd R, fwd L, fwd R/cl L, bk R); XRIB of L commence RF trn, cont RF trn fwd L fc LOD, hip rk action small stp bk R/rec L, bk R(W bk L, bk R, hip rk action bk L/rec R, bk L) LOP-FC/LOD;

QQQ&Q 11-12 (Underarm Trn both Hook Trn Bk to Bk) Bk L, rec R slightly XIF of L commence RF trn, sd L lead W LF trn under lead hand/rec R cont RF trn, fwd L fc RLOD; XRIB of L commence RF trn/cont RF trn stp in place L, cont trn XRIF of L bk to bk fc LOD(W fwd R, fwd L commence LF trn under lead hand, cont LF trn sd R/XLIF of R, cont trn sd & bk R fc LOD, XLIB of R commence LF trn/cont LF trn in place R, cont trn XLIF of R bk to bk fc RLOD) Bk to Bk M fc LOD, -- (Swivel Fc) Swivel LF(W RF) on R LOP-FC/RLOD, -;

QQ-Q 13-14 (Cheek to Cheek) Bk L, rec fwd R commence RF trn 1/4, lift left knee up cont RF trn tching left hip to W's right hip, XLIF of R swivel LF on L fc partner & RLOD; Hip rk action small bk R/rec L, bk R,

Q&Q (Kick Ball Chg) Kick fwd L/cl L, in place R;

QQQ&Q 15-16 (Surprise Whip) Bk L, rec R slightly XIF of L blend CP 1/4 RF trn, sd L cont RF trn/rec fwd R cont RF trn, cont trn sd & fwd L fc LOD (W fwd R, fwd L 1/2 RF trn fc RLOD, bk R/cl L, fwd R to CP);

QQQ&Q Trning upper body strongly to the right lead W to trn sharply RF fwd R outsd partner cking motion and stopping W blend SCP looking at partner, rec bk L lead W RF trn, hip rk action small stp bk R/rec L, bk R(W swivel RF on R bk L, rec fwd R trn 1/2 RF under joined lead hands to face partner, hip rk action bk L/rec R, bk L) LOP-FC/LOD;

Meas

INTER-1

1~ 4 (handshake) Shadow Tuck & Spin w/Roll;; Whip Trn;

QQ-Q 1- 2 (Shadow Tuck & Spin w/Roll) R hands joined bk L, rec R slightly XRIF of L 1/4 RF trn lead W LF trn, tch L to R Shadow fc RDW, stp in place L lead W RF spin(W fwd R, fwd L commence LF trn, cont LF trn tch R to L fc RDW, fwd R twd RLOD spin RF on R);

QQQ&Q Fwd R, L twd RLOD, lead hand joined hip rk action small stp bk R/rec L, bk R (W cont RF roll L, R fc partner & LOD, hip rk action bk L/rec R, bk L);

QQQ&Q 3- 4 (Whip Trn) Bk L, rec R slightly XIF of L blend CP 1/4 RF trn, sd L cont RF trn/rec fwd R cont RF trn, cont trn sd & fwd L fc LOD (W fwd R, fwd L 1/2 RF trn fc RLOD, bk R/cl L, fwd R to CP);

QQQ&Q XRIB of L commence 1/2 RF trn fc RLOD, fwd L, hip rk action small stp bk R/rec L, bk R(W commence RF trn sd & bk L, cont RF trn bk R fc LOD, hip rk action bk L/rec R, bk L) LOP-FC/RLOD;

Repeat Part A(1~8) start and end fc RLOD;;;;;;;;;

Meas

PART B

1~ 8 (handshake) Shadow Tuck & Spin w/Roll;; Whip Trn; (Stack Hands); Traveling Sd Pass w Pt;; (handshake)R Sd Pass Tuck & Spin;., Kick Ball Chg;.

1- 4 Repeat meas 1-4 of Interlude 1;;; start fc RLOD end blend L shape M fc COH(W fc RLOD) X hands hold(left over right)

QQQ&Q 5- 6 (Traveling Sd Pass) Sd L, rec R raising joined left hands lead W to fc, XLIB of R/sd R, small sd L while trning upper body LF raising joined right hands and lowering joined left hands to lead W to twirl LF to end with W in bk & slightly to left of M still maintaining double hand hold; XRIF of L/sd L, cl R taking joined left hands over M's head to end in L shape position with all hands still joined left hands over right hands, pt sd L, -;

(W fwd R, fwd L commence LF trn to fc partner, twirling 1 & 1/2 trns LF first under joined left hands and then under joined right hands sd R/in place L, R to end behind slightly to M left side; XLIB of R/sd R, XLIF of R 1/4 LF trn fc RLOD, pt sd R, -;

- QQQ&Q 7- 8 (R Sd Pass Tuck & Spin) Release joined left hands sd L, rec R, tch L to R lead Q&Q W LF trn, sd & fwd L fc RLOD, hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L commence LF trn, cont LF trn on L tch R to L, sd & bk R spin RF fc LOD, hip rk action bk L/rec R, bk L),
- Q&Q (Kick Ball Chg) Kick fwd L/cl L, stp in place R;

Meas INTER-2

1~ 5 Tummy Whip;; Insd Whip to Escort; Wheel 4 W Spin Ending;;

- QQQ&Q 1- 2 (Tummy Whip) Bk L release lead hands, rec R slightly XIF of L 1/4 RF trn right Hand on W's right hip, sd L cont RF trn/rec fwd R cont RF trn, cont trn sd & fwd L fc LOD(W fwd R, fwd L, fwd R/cl L, bk R);
- QQQ&Q XRIB of L commence RF trn, cont RF trn fwd L fc RLOD, hip rk action small stp bk R/rec L, bk R(W bk L, bk R, hip rk action bk L/rec R, bk L) LOP-FC/RLOD;
- QQQ&Q 3 (Insd Whip to Escoat) Bk L, rec R slightly XIF of L 1/4 RF trn lead W LF trn, sd L cont RF trn/rec fwd R cont RF trn, cont trn sd & fwd L swivel RF on L fc RLOD blend Escort(W fwd R, fwd L 1/2 LF trn on L fc LOD, bk R/cl L, fwd R to Escort);
- QQQQ 4- 5 (Wheel 4) Bk R(W fwd L) commence RF wheel, cont wheel L, R, L;
- QQQ&Q (W Spin Ending) Cont wheel R, L fc LOD, hip rk action small stp bk R/rec L, bk R(W spin RF L, R fc RLOD, hip rk action bk L/rec R, bk L) LOP-FC/LOD;

Repeat Part A(9~16) start and end fc LOD;;;;;;;;;

Meas PART C

1~12 Sugar Push w/Lks;; Whip Insd Trn;; Moon Walk(W X Swivel Walks);; Start Wrapped Whip; Wheel 4 M Trans; Boogie Walk 4S;; Throw Out W Trans to Bk-to-Bk; Slow Swivel Fc;

- QQQQ 1- 2 (Sugar Push w/Lks) Bk L, bk R, tap L trail hand palm tch, rk fwd L; Rec R, QQQ&Q fwd L, hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L, left shoulder lead tap R behind L trail hand palm tch, rk bk R; Rec L, bk R, hip rk action bk L/rec R, bk L);
- 3-12 Repeat meas 3-12 of Introduction;;;;;;;;;

Repeat Part B start fc RLOD and end fc LOD;;;;;;;;;

Meas ENDING

1~12 Sugar Push w/Lks;; Whip Insd Trn;; Moon Walk(W X Swivel Walks);; Start Wrapped Whip; Wheel 4 M Trans; Boogie Walk 4S;; Throw Out W Trans to Bk-to-Bk; Hod & Q Swivel Fc;

- 1-11 Repeat meas 1-11 of Part C;;;;;;;;;
- 12 (Hold & Q Swivel Fc) Hold,-, Q swivel LF(W RF) on R fc partner & LOD,-;