

SOLID GOLD

Choreographers
E-mail / Website
Album
Artist/Source
Release / Speed
Footwork / Difficulty
Rhythm/Level

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In The Arms Of An Angel
Nicholas McDonald
Released: March 17, 2017
Opposite unless noted
Two-Step Phase II

Website: www.gusdefore.com

Track 11 - Solid Gold

Download: [Itunes.com](https://itunes.com) or [Amazon.com](https://amazon.com)

Speed SLOWED 7% -- 2:57 at speed - 3:20 slowed 7%

Degree Of Difficulty - Average

Sequence: Intro A Inter1 B Inter2 Bridge A Inter1 B Inter2 C B Inter2 Ending

INTRO

{SCP LOD} WAIT 2 MEAS ;; 2 FWD 2 STEPS ;; HITCH DBL ;; OPEN VINE 4 to SCP ;; {SCP LOD}

1-8 SCP LOD Wait 2 meas;; [2 FWD 2 STEPS] SCP LOD fwd L , cls R , fwd L ,;- Fwd R , cls L , fwd R ,;-
[HITCH DBL] In SCP LOD Fwd L , cls R , bk L ,;- Bk R , cls L , fwd R ,;- [OP VN 4] Sd L ,;- XRIB (W XLIB) to LOP RLOD ,;-
Trng to fc ptr sd L ,;- XRIF (W XLIF) to end in SCP LOD ,;-

PART A

{SCP LOD} 2 FWD 2 STEPS ;; 2 TRNG 2 STEPS to BFLY WALL ;; TRAVELING DOOR ;; TRAVELING DOOR ;; {BFLY WALL}

1-16 [2 FWD 2 STEPS] SCP LOD fwd L , cls R , fwd L ,;- Fwd R , cls L , fwd R ,;- [2 TRNG 2'S] Sd L trng RF , cls R trng RF , bk L ,;-
Sd R trng RF , cls L trng RF , fwd R end in BFLY WALL ,;- [TRAVELING DOOR] BFLY WALL Rk sd L ,;- rec R ,;- XLIF , sd R ,
XLIF (W XRIF , sd L , XRIF) ,;- [TRAVELING DOOR] BFLY WALL Rk sd R ,;- rec L ,;- XRIF , sd L , XRIF (W XLIF , sd R , XLIF)
end in BFLY WALL ,;-

2 FWD 2 STEPS ;; 2 TRNG 2 STEPS to BFLY WALL ;; TRAVELING DOOR ;; TRAVELING DOOR ;; {OP LOD}

[2 FWD 2 STEPS] BLEND to SCP LOD Fwd L , cls R , fwd L ,;- Fwd R , cls L , fwd R ,;- [2 TRNG 2'S] Repeat action of meas
3 & 4 of PART A to end in BFLY WALL ;; [TRAVELING DOOR 2X] Repeat Action of meas 5 thru 8 end in OP LOD ;;;

INTERLUDE 1

{OP LOD} HITCH DBL ;; SLOW WALK 4 ;; HITCH DBL ;; OPEN VINE 4 to CP DRW ;; {CP DRW}

1-8 [HITCH DBL] In OP LOD Fwd L , cls R , bk L ,;- Bk R , cls L , fwd R ,;- [SLOW WALK 4] OP LOD SLOW Fwd L ,;- fwd R ,;-
Fwd L ,;- fwd R to OP LOD ,;- [HITCH DBL] In OP LOD Repeat action of meas 1-2 of INTERLUDE 1 ;;
[OP VN 4] Sd L ,;- XRIB (W XLIB) to LOP RLOD ,;- Trng to fc ptr sd L ,;- XRIF (W XLIF) end in CP DRW ,;-

PART B

{CP DRW} 2 TRNG TWO STEPS to CP LOD ;; WALK 2 ; WLK & FC WALL ; TWISTY VN 4 to BJO ;; HITCH 3 ; HITCH SCIS ;

1-16 [2 TRNG 2'S] CP DRW Sd L trng RF , cls R trng RF , bk L ,;- Sd R trng RF , cls L trng RF , fwd R end in CP LOD ,;-
[WALK 2] CP LOD Fwd L ,;- fwd R ,;- [WALK & FC WALL] CP LOD Fwd L ,;- trng ¼ RF fwd R to FC WALL in CP ,;-
[TWISTY VN 4 to BJO] CP WALL Sd L trng slightly RF to contra SCAR (W Sd R trng slightly RF) ,;- XRIB (W XLIF) ,;-
Sd L trng LF blending to BJO (W Sd R trng LF) ,;- fwd & sd R cont RF trn (W bk & sd L) end in BJO DLW ,;-
[HITCH 3] In BJO DLW Fwd L , cls R , bk L ,;- [HITCH SCIS] In BJO DLW Bk R , cls L , fwd R (W Fwd L , trng RF sd R ,
cont RF trn fwd L) end in SCP DLW ,;-

{SCP DLW} 2 TRNG TWO STEPS to CP LOD ;; WALK 2 ; WLK & FC WALL ; TWISTY VN 4 to BJO ;; HITCH 3 ; HITCH SCIS ;

[2 TRNG 2'S] BLEND TO CP Sd L trng RF , cls R trng RF , bk L ,;- Sd R trng RF , cls L trng RF , fwd R end in CP LOD ,;-
[WALK 2] CP LOD Fwd L ,;- fwd R ,;- [WALK & FC WALL] CP LOD Repeat action of meas 4 of PART B ;
[TWISTY VN 4 to BJO] CP WALL Repeat action of meas 5 & 6 PART B end in BJO DLW ;
[HITCH 3] In BJO DLW Fwd L , cls R , bk L ,;- [HITCH SCIS] In BJO DLW Repeat action of meas 8 of PART B end in SCP DLW ;

INTERLUDE 2

{SCP DLC} CIR AWAY 2 TWO STEPS ;; STRUT TOG IN 4 to BFLY ;; OPEN VINE 8 ;;;

1-8 [CIR AWAY 2-2's] Release ptr and circle away LF (W RF) fwd L , cl R , fwd L ,;- Fwd R , cl L , fwd R end 6 ft apart fcg RLOD ,;-
[STRUT TOG IN 4] Fcg RLOD cont to circle LF (W RF) twd ptr strutting action fwd L ,;- R ,;- L ,;- R end BFLY WALL ,;-
[OP VN 8] Sd L ,;- XRIB (W XLIB) to LOP RLOD ,;- Trng to fc ptr sd L ,;- XRIF (W XLIF) to end in BFLY WALL ,;-
Cont Sd L ,;- XRIB (W XLIB) to LOP RLOD ,;- Trng to fc ptr sd L ,;- XRIF (W XLIF) ,;-

NOTE: 1st & 2nd time thru INTER 2 end in BFLY WALL 3rd time thru INTER 2 end in SCP LOD

BRIDGE

{BFLY WALL} SWVL 4 ;; {SCP LOD}

1-2 [SWVL 4] BFLY WALL Swvl LF ,;- swvl RF ,;- Swvl LF ,;- swvl RF end in SCP LOD ,;-

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PART C

{BFLY WALL} TRAVELING DOOR ;; TRAVELING DOOR ;; {BFLY WALL}
1-16 [TRAVELING DOOR] BFLY WALL Rk sd L ,-, rec R ,-, XLIF, sd R, XLIF (W XRIF, sd L, XRIF) ,-,
[TRAVELING DOOR] Rk sd R ,-, rec L ,-, XRIF, sd L, XRIF (W XLIF, sd R, XLIF) end in BFLY WALL ,-,
SLOW TWISTY VINE 8 ;;;; TRAVELING DOOR ;; TRAVELING DOOR ;; OPEN VINE 8 ;;;; {CP WALL}
[SLOW TWISTY VN 8] BFLY WALL Sd L,-, XRIB (W XLIF) ,-, sd L,-, XRIF (W XLIB),-, Sd L,-, XRIB (W XLIF) ,-,
Sd L,-, XRIF (W XLIB) end in BFLY WALL ,-, [TRAVELING DOOR 2X] Repeat action of Meas 1 thru 4 of PART C ;;;;
[OP VN 8] Sd L,-, XRIB (W XLIB) to LOP RLOD,-, Trng to fc ptr sd L,-, XRIF (W XLIF) to end in BFLY WALL ,-,
Cont Sd L,-, XRIB (W XLIB) to LOP RLOD,-, Trng to fc ptr sd L,-, XRIF (W XLIF) end CP DRW ,-,

ENDING

{SCP LOD} 2 FWD 2 STEPS ;; 2 TRNG 2 STEPS to BFLY WALL ;; TRAVELING DOOR REV & PT RT ;,
5+ [2 FWD 2 STEPS] SCP LOD Repeat action of meas 1 & 2 of PART A ;; [2 TRNG 2'S] Repeat action of meas 3 & 4 PART A
end in BFLY WALL ;,
[TRAVELING DOOR REV] BFLY WALL Rk sd L ,-, rec R ,-, XLIF, sd R, XLIF (W XRIF, sd L, XRIF) ,-,
[PT RT] Man Point Right Foot (W Left Foot) twds RLOD last note of music,

HEAD CUES

SOLID GOLD (PH 2 two-step) speed slowed 7%

Intro A B Bri A B C B End

(scp lod) WAIT 2;; 2 FWD 2'S;; HITCH DBL;; OPVN 4;; (A-scp)

"A"

2 FWD 2'S;;
2 TRNG 2's;;(bfly)
TRVLG DOOR 2X;;;; (scp)
2 FWD 2'S;;
2 TRNG 2's;; (bfly)
TRVLG DOOR 2X;;;; (op)
HITCH DBL;;
WLK 4;;
HITCH DBL;;
OPVN 4;;
(B-cp) (B-cp)

"BRI"

SWVL 4;; (A-scp)

"B"

2 TRNG 2's -
foa PKUP;;
WLK 2;
WLK & FC WALL;
TWISTY VN 4 to BJO;;
HITCH 3;
HITCH SCIS to SEMI;
2 TRNG 2'S -
foa PKUP;;
WLK 2;
WLK & FC WALL;
TWISTY VN 4 to BJO;;
HITCH 3;
HITCH SCIS to SEMI;
CIR AWAY 2-2's;;
STRUT TOG 4;;
OPVN 8;;;; (BRI-bfly)
(C-bfly) (END-scp)

"C"

TRVLG DOOR 2X;;;;
SLO TWISTY VN 8;;;;
TRVLG DOOR 2X;;;;
OPVN 8;;;; (B-cp)

"END"
2 FWD 2'S;;
2 TRNG 2'S;; (bfly w)
TRVLG DOOR REV & PT RT;;