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-Bk; Slow Swivel Fc;

1-  2  LOP-FC/LOD lead foot free Wait pickup notes & 2 meas:;
QQQQ  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);
QQQQ  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 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, -)
QQQQ  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);
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  Repaet meas 9 of Introduction;
QQQQ  11 (Throw Out W Trans to Bk to Bk) Sd & fwd L/cl R, sd & fwd L, XRIB of L commence
(DDDD)  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, cont L cont RF trn fc partner & RLOD, XRIB of R commence
LF trn/cont LF trn stp in place R, cont trn XP 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
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)
QQQQ  (Underarm Trn) Bk L, rec R slightly XIF of L commence RF trn: Sd L lead W LF
QQQQ  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
QQQQ  (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.
QQQQ  7 (L Sd Pass W Overtrn) Commence LF trn sd & bk L, rec R: Sd L/cl R, sd & fwd L
QQQQ  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&Q11-12 (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 RF 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 LOD), Bk to Bk M fc LOD, -- (Swivel Fc) Swivel LF(W RF) on R LOP-FC/LOD;--

QQ-Q 13~14 (Cheek to Cheek) Bk L, rec fwd R commence RF trn 1/4, lift left knee up cont RF trn toching 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.

QQQ Kick Ball Chg; Kick fwd L/cl L, in place R;

QQQ&Q15-16 (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 outsld 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 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;;

QQQ 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&Q3~4 (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 commute RF trn sd & bk L, cont RF trn bk R fc LOD, hip rk action bk L/rec R, bk L) LOP-FC/LOD;

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:::;

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 twrl 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.-;
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(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 L/tw trn on L tc R to L. sd & bk R spin RF fc L. 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 Escort) 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):

QQQ 4- 5 (Wheel 4) Bk R(W fwd L) commence RF wheel, cont wheel R. 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 R, 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;

QQQ 1- 2 (Sugar Push w/Lks) Bk L, bk L, 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; Hold & 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, -;