

ANGEL

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MUSIC: "Angel" Sarah McLachlan (Surfacing) edited for length (started at 59 sec) and slowed 10%
PHASE / RYHTUM: Phase 6 / Waltz SPEED: Slow for Comfort
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A, B, INT, C, C(mod), A, B, BRDG, A(1-11), TAG
RELEASE DATE: May 2009 / Corrected November 2009 Version 1.1

INTRO

1-4 WAIT,,

1,, In Shadow Pos WALL with arms low and weight on M's and Ladies R and L foot pointed side wait two beats,,

PART A

1-9 ARMS UP; ARMS WRAP; BALANCE LEFT; ROLL LADIES OUT; CROSS CK TO EXTEND;,, & REC; LADIES ROLL LEFT TO SKATERS; TWO OPEN RT TURNS;,,

- ,,- 1 {Arms Up} No weight chg lift both arms up and out to side;
-,,- 2 {Arms Wrap} No weight chg men bring both arms in to wrapped pos (ladies bring in both arms across chest);
1,2,3 3 {Balance Left} Sd L, XRIB of L, rec L;
-,,-,3 (1,2,3) 4 {Roll Ladies Out} M hold two beats as men extend rt arm out and lead ladies to roll to side by side pos then sd R (L sd R trng RF, fwd L cont trn, sd R to side by side pos facg WALL);
1,-,-,-,6 5-6 {Cross Check to Extend & Rec} XLIF of R and slowly extend rt arm and body for four beats then rec R on last beat of second meas;;
1,2,3 7 {Ladies Roll Left to Skaters} M sd L, XRIF of L, sd L to end in skaters pos DW (L sd L comm. LF trn, fwd R cont trn, sd and fwd L to skaters DW);
1,2,3,4,5,6 8-9 {Two Open Right Turns} Both fwd R start RF trn in shadow, sd & bk L cont trn, bk R; Bk L comm. RF trn, fwd & sd R cont trn, fwd L LOD;

10-16 CURVED FEATHER CK; BK HOVER TELEMAR / LADIES SYNC TO BJO; CK NATURAL HOLD;,, & SLIP; DBL REV OVERSPIN; SLOW HOVER CORTE;,,

- 1,2,3 10 {Curved Feather Check} In shadow both fwd R, fwd L, turning RF on supporting foot to ck fwd on R to DRW in shadow;
1,2,3 11 {Back Hover Telemark / Ladies Sync to BJO} M bk L comm RF trn, sd and fwd R cont RF trn releasing ladies, fwd & sd L blending to BJO (W bk L comm RF trn in skaters, fwd and sd R / small fwd L spin RF half to face ptr, bk and sd R to BJO);
1,2,-,-,6 12-13 {Checked Natural Hold & Slip} Fwd R, fwd L trng RF ck fwd motion, hold while contng body rotation for three beats;,, trng LF recov bk R cont trn to fc DC (W bk L, clo R to L on toes trng RF ck bk motion, hold while contng body rotation for three beats;,, trng LF slip L fwd to CP cont trng LF);
1,2,3/& 14 {Double Reverse Overspin} M fwd L comm to trn left, sd R 3/8 trn, spin left face to end facing DW bringing L foot beside R no weight change / fwd L toe to heel action lowering and cont LF pivot (W bk R comm to trn left, L foot cl to R heel turn, fwd R strong turn left face/cross L foot in front of R / bk R with toe to heel action lowering and cont LF pivot) end in CP facing DRC;
1,2,-,-,6 15-16 {Slow Hover Corte} M bk R, bk L comm LF trn, cont trn thru next three beats;,, rec bk R to BJO face DW (W fwd L between M's feet, fwd R comm. LF trn, cont trn thru next three beats;,, fwd L to BJO);

PART B

1-8 ZIG ZAG THREE TO DBL DEVELOPE WITH RONDES::; CONTINUOUS HOVER CROSS ENDING::; TRAVELING CONTRA CK; OPEN NATURAL; OUTSIDE SPIN;

- 1,2,3, 1-3 {Zig Zag Three to Double Ronde Developes} M bk L trn RF, sd & fwd R DRC, fwd L
-,-, 3 outside ladies and ronde rt foot counter clockwise (W fwd R trn RF, sd & bk L, bk R keeping
-,-,- rt leg under body and trn LF); M hold with slight RF body rotation as ladies developes,-, fwd R
outside ladies and ronde lt clockwise (W lift lt foot up outside of right knee then up and extend
lt leg out, bring lt leg back under body, bk L keeping lt leg under body and trn RF); M ck fwd L
outside ladies, hold with slight LF body rotation,-,- (W lift rt foot up outside of left knee then
up and extend rt leg out, -, bring rt leg back under body);
- 1,2,3 4-5 {Continuous Hover Cross Ending} Fwd L across R to CSDC, clo R to L, bk L
4,5,6 in CBJ (W bk R to CSDC, sd L to CP, fwd R to CBJ); Bk R to CP, sd & fwd L with left side
lead, fwd R (W fwd L to CP, sd & bk R, bk L) to BJO;
- 1,2,3 6 {Traveling Contra Check} M fwd L with contra body motion with upper body turn to the
left, cl R rising to toes, fwd L in SCP with right side stretch traveling DW (W bk R trng
right face, cl L rising on toes, fwd R to SCP);
- 1,2,3 7 {Open Natural} M fwd R comm right face upper body trn, side L across line of dance, bk R
to contra banjo pos face RDC (W fwd L, fwd R with right face upper body trn, fwd L outside
partner to end contra banjo pos);
- 1,2,3 8 {Outside Spin} M bk L under body comm 3/8 RF trn, fwd R cont trn, sd & bk L to end in
CP fc RLOD (W fwd R comm 3/8 RF trn, clo L to R toe spin, cont trn fwd R between M's
feet CP);

9-15 DBL RT TURNING LK'S: TO SCP; WEAVE TO A HINGE::; SLOW CHG TO SAME FOOT LUNGE LINE::; PICKUP TO DBL REV TRANS;

- 1/&,2,3 9-10 {Double Right Turning Locks to SCP} M bk R with right shoulder lead comm RF trn / XLIF
1/&,2,3 of R on toes cont trn, fwd R between ladies feet cont trn to CP DRW, bk & sd L (W fwd L
with left shoulder lead / XRIB of L turning RF on toes, bk L cont trn, fwd R to CP DC);
M bk R with right shoulder lead comm RF trn,- / XLIF of R on toes cont trn, fwd R between
ladies feet cont trn to CP DW, fwd L to SCP DC (W fwd L with left shoulder lead, - / XRIB
of L turning RF on toes, bk L cont trn, fwd R to SCP DC);
- 1,2,3 11-12 {Weave to a Hinge} M fwd R, fwd L trng LF to CP, sd and bk R to BJO (W fwd L, fwd R
1,2,3 trng to CP, cont trn sd and fwd L); Bk L, bk R cont LF trn, sd and fwd L DW lead ladies to
hinge (W fwd R, fwd L cont LF trn, sd R / XLIB of R to hinge);
- 1,-,-,-,- 13-14 {Slow Change to Same Foot Lunge Line} M rec R and lead ladies to step fwd, hold & slowly
rotate body rf,-,-,-, (W fwd R, slowly trn RF and point lt foot fwd,-,-,-,);
- 1,2,- 15 {Pickup to Double Rev Trans} Trn LF on & count pick W up to CP no weight change / fwd L start
&1, 2,&3 LF trn, sd R cont LF trn, spin LF on ball of R bringing L under body beside R ft with no weight
chng (W fwd L trn LF to CP / bk R start LF trn, clo L to R heel LF trn / fwd & sd R cont LF trn,
XLIF of R) to CP DW;

INTERLUDE

1-8 DOUBLE SPLIT RONDES::; HOVER TELEMAR TO HALF OPEN; OPEN IN & OUT RUNS::; OPEN FINISH; VIENNESE TURNS::;

- 1,2,3 1-2 {Double Split Rondes} Lowering on R ronde left leg CCW, turning left face cross L in back of
(1,2/&,-) R, continue turn slip R back end facing RDC (W lowering on R ronde left leg CCW, turning
1,2,3 left face cross L in back of R/continuing to turn side and back R, continuing turn slip L in
(1,2/&,3) front without weight chg); Lowering on R ronde left leg CCW, trng LF cross L in back of R,
continue turn slip R back end facing DW (W lowering on R ronde left leg CCW, turning left
face cross L in back of R/continuing to turn side and back R, continuing turn slip L in front);
- 1,2,3 3 {Hover Telemark to Half Open} Fwd L, fwd & sd R with RF rotation, fwd L (W bk R, sd & bk L
with RF rotation, fwd R) blend to V pos with lead hnds free;
- 1,2,3,1,2,3 4-5 {Open In & Out Runs} Fwd & sd R start RF rotation, sd & bk L cont rotation, sd & fwd R
(W fwd L, fwd R, fwd L) to V pos fc LOD; M fwd L, fwd R, fwd L (W Fwd & sd R start RF
rotation, sd & bk L cont rotation, sd & fwd R) to V pos fc LOD;
- 1,2,3 6 {Open Finish} M fwd R, fwd L, fwd R (W fwd L, fwd R comm. LF trn, bk L) end in BJO DC;

INTERLUDE (cont)

- 1,2,3 7-8 {Viennese Turns} M fwd L commencing left face turn, sd R cont left face turn, cross L in front of R end facing RLOD (W bk R commencing left face turn, sd L cont left face turn, close R to L); Bk R cont left face turn, sd L cont turn, close R to L end facing LOD (W fwd L cont left face turn, sd R cont turn, cross L in front of R);

PART C

1-9 TELESPIN;; BK TO SLOW THROWAWAY;; LINK TO SCP; CROSS PIVOT TO SCAR; CROSS HOVER TO SCP; SYNC VINE FOUR; BIG TOP;

- 1,2,3/& 1,2,3 1-2 {Telespin} M fwd L commence left face turn, fwd and sd R cont turn, bk and sd L no weight keeping left sd to W/ turn body left face no weight lead W to CP commencing spin (W bk R commence left face turn, bk L cl to R heel turn, fwd R keeping right sd into M/fwd L cont left face turn); Fwd L cont left face turn, fwd R cont turn, bk L (W keep right side in to M fwd R, cont turn with toe spin clo L, fwd R) end CP RLOD;
- 1,2,-,-,-,- 3-4 {Back to Slow Throwaway} Bk R trng LF, sd & fwd L relaxing knee & allowing R to point sd and bk while keeping right side in twd W and looking at her with left side stretch (W fwd L, sd & fwd R trng LF while relaxing right knee and sliding L ft bk and under body past the right ft to point bk while looking well to left and keeping left side toward M);;
- ,2,3(1,2,3) 5 {Link to SCP} M rising on L bringing R to L, cl R to L, sd L to SCP DW (W rising on R bringing L to R, cl L to R, sd R to SCP DW);
- 1,2,3 6 {Cross Pivot to SCAR} M fwd R comm RF trn, sd L cont RF trn, fwd R (W fwd L, fwd R trn RF, bk L) to SDCR DW;
- 1,2,3 7 {Cross Hover to SCP} M fwd L in SDCR, fwd blending to CP begin rise to ball of ft, fwd and sd L cont rise (W bk R, bk L rising to ball of foot, sd R cont rise) to end in SCP DC;
- 1,2/&, 3 8 {Sync Vine Four} Thru R, sd L / XRIB of L, sd L to SCP;
- 1,-/&,3 9 {Big Top} Fwd R DLC beginning LF turn,- / cont LF turn on R, XLIB of R keeping L under body transfer wt to L, cont LF turn on L slipping R bk to CP DLW (W fwd L DC turning LF to CP / sd R cont LF turn, cont trng LF feet together, slip L fwd to CP);

10-16 CONTRA CK, REC, SIDE TO SCP; OK OPEN REV; BACK & CHASSE TO BJO; NATURAL WEAVE;; MANUV; HESITATION CHG;

- 1,2,3 10 {Contra Check, Rec, Side to SCP} M upper body rotation to the left with strong right side lead ckg fwd on L, rec R, sd L to SCP DC (W upper body rotation to the left with strong left side lead, rec L, sd R);
- 1,2&,3 11 {Quick Open Reverse} Fwd R, fwd L start LF trn/sd & bk R cont trn, bk L (W fwd L start LF trn, sd & bk R cont LF trn/sd & fwd L cont trn, fwd R outside partner) to contra bjo;
- 1,2&,3 12 {Back & Chasse to BJO} M bk R comm LF trn, sd L/ cl R, sd L blending to BJO DW (W fwd L comm LF trn, sd R/ cl L, sd R to BJO DW);
- 1,2,3, 4,5,6 13-14 {Natural Weave} M Fwd R, fwd L trng RF to fc RDW, bk R in BJO (W bk L, cl R to L with heel trn, fwd L in BJO); M bk L, bk R trng LF, sd L cont trn, (W fwd R, fwd L trng LF, sd & bk R cont trn) to contra BJO DW;
- 1,2,3 15 {Manuver} M fwd R, fwd and sd L comm right face trn, cl R end facing RLOD (W bk L, bk and sd R comm right face trn, cl L);
- 1,2,- 16 {Hesitation Change} M bk L comm RF trn, sd R cont slight RF trn, draw L to R no weight chg face DC (W fwd R trng RF,-; sd L cont slight RF trn, draw R to L no weight);

PART C (MODIFIED)

1-9 TELESPIN;; BK TO SLOW THROWAWAY;; LINK TO SCP; CROSS PIVOT TO SCAR; CROSS HOVER TO SCP; CONTINUOUS BIG TOP;;

- 1,2,3/& 1,2,3 1-2 {Telespin} Repeat Part C meas 1 - 2
- 1,2,-,-,-,- 3-4 {Back to Slow Throwaway} Repeat Part C meas 3 - 4
- ,2,3(1,2,3) 5 {Link to SCP} Repeat Part C meas 5
- 1,2,3 6 {Cross Pivot to SCAR} Repeat Part C meas 6
- 1,2,3 7 {Cross Hover to SCP} Repeat Part C meas 7
- 1,2/&, 3 8 {Sync Vine Four} Repeat Part C meas 8

PART C(MODIFIED) (cont)

1,-/&,3 9 {Big Top} Repeat Part C meas 9
(1/&,-,3)

10-16 CONTRA CK, REC, SIDE TO SCP; QK OPEN REV; BACK & CHASSE TO BJO; NATURAL WEAVE:: OPEN NATURAL; WRAP TRANS;

1,2,3 10 {Contra Check, Rec, Side to SCP} Repeat Part C meas 10
1,2&,3 11 {Quick Open Reverse} Repeat Part C meas 11
1,2&,3 12 {Back & Chasse to BJO} Repeat Part C meas 12
1,2,3 13-14 {Natural Weave} Repeat Part C meas 13 – 14
4,5,6
1,2,3 15 {Open Natural} M fwd R comm right face upper body trn, side L across line of dance, bk R to contra banjo pos face RDC (W bk L, cl R heel trn, fwd L outside ptr to end contra banjo pos);
1,2,- 16 {Wrap Trans} M bk L trn RF, sd R to face WALL, tch L at side of R (W fwd R, tch L at side of R, hold) lower arms to side;
(1,-,-)

BRIDGE

1-8 DOUBLE SPLIT RONDES:: SLOW CONTRA CK; REC TO LADIES WRAP TRANS;

- ,2,3,-,2,3 1-2 {Double Split Rondes} Repeat INT meas 1 - 2
(-,2,3,-,2,&,3)
1,-,- 3 {Slow Contra Check} M upper body rotation to the left with strong right side lead ckg fwd on L, slowly cont lt body rotation, (W upper body rotation to the left with strong left side lead, slowly cont lt body rotation);
1,-,- 4 {Rec to Ladies Wrap Trans} M rec bk R taking joined lead arms over ladies to wrap ladies, tch L at side of R, hold (W rec fwd L trng LF under joint lead hands to face WALL in tandem, cl R, tch L at side of R);
(1,2,-)

TAG

1-4 CHECKED NATURAL & SLIP; OPEN TELEMARK TO LUNGE APART; LADIES ROLL TO CLOSE POS; AROUND THE WORLD;

1,2,3 1 {Checked Natural & Slip} Fwd R, fwd L on toe trng RF ck fwd motion, trng LF recov bk R cont trn to fc DC (W bk L, cl R to L on toes trng RF ck bk motion, trng LF slip L fwd to CP cont trng LF);
1,2,3 2 {Open Telemark to Lunge Apart} Fwd L body trn LF, fwd & sd R trng LF, lunge apt sd L (W bk R, cl L to R with LF heel trn, lunge apt sd R) to end op both facing WALL;
-,-, (1,2,3) 3 {Ladies Roll to Face} M hold,, (W roll back LF L, R, L) to end fcng but with both men's arms at ladies back;
-,-,- 4 {Around the World} M lower into L knee while dropping arms and comm. RF swivel, cont swivel, rise in L leg and bring both arms back up to starting pos (W sd and fwd R to cuddle pos lower in R knee lift pelvis twd men hooking lt leg behind men's rt leg and allow upper body and head to fall back, leave head back as swivel occurs, bring head up to look at ptr as he rises and music ends);

Options: Part C Meas 1-2

1,2,3/& 1-2 {Teleronde} M fwd L commence left face turn, sd R cont turn, bk and sd L no weight
1,2,3 keeping left sd to W/ turn body left face no weight lead W to CP commencing spin (W bk R commence left face turn, bk L cl to R heel turn, fwd R keeping right sd into M/fwd L cont left face turn); Fwd L cont left face turn, fwd R cont turn, bk L (W lift R straight fwd turning LF on L, cont turn on L, fwd R) end CP RLOD;

Part C Meas 8-9

1,-,&3 8-9 {Continuous Big Top} Fwd R DLC beginning LF turn,- / cont LF turn on R, XLIB of R keeping
-,-,&3 L under body transfer wt to L, cont LF turn on L slipping R bk to CP DLW (W fwd L DC turning
(1&,-3 LF to CP / sd R cont LF turn, cont trng LF feet together, slip L fwd to CP); M ronde L clockwise
&1&,-,3 under body XLIB of R keeping L under body transfer wt to L, cont LF turn on L slipping R bk to CP DLW (W fwd R /fwd L DC turning LF to CP / sd R cont LF turn, cont trng LF feet together, slip L fwd to CP);