

## Ain't No Angel

32 Count, 2 Wall, Intermediate, NC2

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

Choreographed to: No Angel by Birdy, Album: Fire Within

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

**SIDE BACK ROCK, ¼ TURN, 3/8 TURN INTO FULL TURN, CROSS ¼ TURN BACK SIDE, CROSS SIDE**

- 12&3 Step R to R side, Rock L behind R, Recover onto R, Make ¼ turn R stepping back on L (3:00)  
4& Make 3/8 turn R and step R forward, Make ½ turn R stepping back on L,  
5 Make ½ turn R stepping R forward (7:00)  
6 7& Step L slightly forward and across R, Make 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

**BEHIND SWEEP, BEHIND SIDE CROSS SWEEP, CROSS ¼ TURN BACK ROCK RECOVER, SPIRAL ¾ 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, Make ¼ turn R stepping back on L (6:0)  
5 6 Rock back on R, Recover forward onto L  
7 8& Step R forward and spiral ¾ turn L (keep weight on R), Step L to L side, Cross R over L (9:00)

**SIDE BACK ROCK ¼ TURN, STEP ½ TURN ½ TURN SWEEP BACK SWEEP x2, BEHIND ¼**

- 1 2& Step L to L side, Rock R behind L, Recover onto L  
3 4& Make ¼ turn R stepping R forward, Step L forward, Pivot ½ turn R taking weight onto R (6:00)  
5 Make ½ turn R stepping L back and sweep R from front to back,  
6 7 Step back on R and sweep L from front to back, Step back on L and sweep R from front to back (12:0)  
8 & Cross R behind L, Make ¼ turn L stepping L forward (9:00)

**½ TURN, BACK ROCK RECOVER, ½ TURN ¼ TURN CROSS, WALK ¼ TURN x2, CROSS ROCK RECOVER SIDE CROSS**

- 1 2& Make ½ turn L stepping back on R, Rock back on L, Recover forward onto R (3:00)  
3&4 Make ½ turn R stepping L back, Make ¼ turn R stepping R to R side, Cross L over R (12:00)  
5 6 Make ¼ turn R stepping R forward, Make ¼ 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

**TAG (16 counts)**

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.

THESE 8 COUNTS MUST BE DANCED **TWICE** FOR EACH TAG

**SIDE BACK ROCK, ¼ TURN ¼ TURN CROSS ROCK RECOVER, SWAY x3, SIDE CROSS**

- 12& Step R to R side, Rock L behind R, Recover onto R (12:00)  
3& Make ¼ turn R stepping back on L, Make ¼ turn R stepping R to R side,  
4& Cross rock L over R, Recover onto R (6:00)  
5678& Sway L, R, L, Step R to R side, Cross L over R