

# HEDY MCADAMS: "ANGIE"

A 32-count, 2-wall, intermediate-level line dance

**Choreographer:** **HEDY McADAMS**, Palo Alto, CA ~ phone/fax: 650-322-6760 ~ hedy@DanceAdventures.com  
**Teaching Note:** To confirm that you have the latest step sheet, contact Hedy or visit her web site: www.DanceAdventures.com  
**Music/Tempo:** Recommended: "SILVER-TONGUE AND GOLD-PLATED LIES," by K.T. Oslin, 70/140 bpm (treat as 70), "my roots are showing..." CD & CDX (for "roots" use 16-count lead, for CDX use 8-count lead)  
*\*when using recommended music, see note below for directions on alternative phrasing.*  
Teaching (and inspired by): "ANGIE," by Sammy Kershaw, 64 bpm, 16-count lead, "Stone Country" CD  
Alternative music: "BABY, I LOVE YOUR WAY," by Peter Frampton, 68/132 bpm (treat as 68), 16-ct lead  
**Note for DeeJay:** This dance works well with many 140-160 bpm Texas Two-Steps, and 70-90 bpm Night-Club  
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## **A** SIDE – BACK/TOG – FORW. – TURN/TOG. FORW. – ROCK/ROCK – STEP – TURN/TOG.

*Home/original wall=12:00 o'clock, begin with weight left (L).*

- 1 (big) Step R to right (& begin to draw L foot toward R)
- 2&3 Step L back, Step R beside L, Step L forward
- 4 Step R to right (angle body left to begin a ¼ turn left)
- & Pivoting on ball of R foot, step L beside R and complete ¼ turn left [9:00]
- 5 Step R forward
- 6 Rock-step to left
- & (small) Step forward on R
- 7 Step L forward (turn L toe out)
- 8 Step R forward and begin ½ turn left
- & Pivoting on ball of R foot, turn ½ left [3:00] and step (or slide) L beside R

## **B** STEP – TURN – SIDE/BEHIND – SIDE/CROSS TURN – STEP – POINT/LIFT – TURN/DROP

*You should be facing 3:00 wall, now, and your weight is L.*

- 1 Step R forward
- 2 Pivot ½ left [9:00] and shift weight forward on L
- 3 Step R to right
- & Step L behind R
- 4 Step R to right
- & Cross L over of R
- 5 Step R to right and turn ¼ left [6:00]  
*(styling: lean or "sway" R shoulder into 12:00 wall)*
- 6 Step L forward
- 7 Point R toe forward then lift up on balls of both feet
- 8 Pivoting on balls of both feet, turn ¼ turn left [3:00], then drop heels (weight is L)\*

**\*Note:** When using rec'd. music, there is a 16-count phrase at the third repetition of the dance pattern. This is easy to spot because it is the first instrumental phrase. For this pattern only, change instruction for B8 to read: **Pivoting on balls of both feet, turn ½ left [12:00], drop heels and begin dance again on count A1.**

## **C** BUMP – ROLL – SLIDE/LOCK – SLIDE BUMP – ROLL – SLIDE/LOCK – SLIDE

*You should be facing 3:00 wall, now, and your weight is L.*

- 1 Step R forward and turn ¼ left [12:00]
- 2 Leading with R hip, turn ¼ right [3:00], keeping both feet in place (your legs will be crossed R over L)  
*(technique: Use R hip to "direct" this turn—draw a ¼ circle clockwise with R hip, then shift weight L)*
- 3 Slide R foot forward
- & Lock L foot behind R
- 4 Slide R foot forward
- 5 Step L forward and turn ¼ right [6:00]
- 6 Leading with L hip, turn ¼ left [3:00], keeping both feet in place (your legs will be crossed L over R)  
*(technique: Use L hip to "direct" this turn—draw a ¼ circle counter-clockwise with L hip, then shift weight R)*
- 7 Slide L foot forward
- & Lock R behind L
- 8 Slide L foot forward

## **D** STEP – TURN – BEHIND/SIDE – CROSS SIDE/BEHIND – SIDE – CROSS/UNWIND – SHIFT

*You should be facing 3:00 wall, now, and your weight is L.*

- 1 Step R forward
- 2 Pivot ¼ left [12:00] (in place) and shift weight L
- 3 Step R behind L
- & Step L to left
- 4 Cross R over L
- 5 Step L to left
- & Step R behind L
- 6 Step L to left
- 7 'Circle-cross' R over L and unwind ½ left [6:00]  
*technique: in one smooth-flowing motion, draw a counter-clockwise circle with ball of R foot crossing R over L and unwind ½ turn left [6:00], (end with weight on ball of R foot)*
- 8 Shift weight L (and HOLD for dramatic "pause" before beginning count A1)

Note: execute counts D7 and D8 in a smooth, slow-motion--take your time, here, and lean body into turn.

## **BEGIN AGAIN**

Reset "clock" at 12:00.