BLASTFROM



THEPast



Approved by:

Forever And A Day

2 WALL - 68 COUNTS - INTERMEDIATE			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Rock Step, Cross Shuffle x 2 Step right to right side. Rock left in place. Cross right over left. Step left foot to left. Cross right over left. Step left to left side. Rock right in place. Cross left over right. Step right foot to right. Cross left over right.	Rock Recover Cross Step Cross Rock Recover Cross Step Cross	On the spot Left On the spot Right
Section 2 9 - 10 11 & 12 13 - 14 15 - 16	Side, Behind, Chasse 1/4 Turn Right, Pivot 1/2 Turn Right, Walk x 2 Step right to right side. Cross left behind right. Step right to right side. Close left beside right. Step right 1/4 turn right. Step forward on left. Pivot 1/2 turn right. Walk forward, left, right.	Step Behind Side Close Turn Step Pivot Walk Walk	Right Turning right Pivot right Forward
Section 3 17 18 19 & 20 & 21 - 22 & 23 & 24	Pivot Full Turn, Syncopated Lock Steps Step forward left. Pivot full turn right hooking right in front of left. (Snap fingers on 18). Step forward on right. Lock left behind right. Step forward on right. Lock left behind right. Step forward on right. Hold and clap. Lock left foot behind right. Step forward on right. Lock left foot behind right. Step forward on right.	Step Pivot Step Lock Step Lock Step Hold Lock Step Lock Step	Forward Turning right Forward
Section 4 25 - 26 27 &28 29 - 30 & 31 - 32	Rock Step, Triple Full Turn left, Rock Step, Pivot 1/2 Turn, Walk x 2 Rock forward on left. Rock back on right. Triple full turn to left stepping - Left, Right, Left. On steps 27 & 28 the full turn can be replaced with a coaster step. Rock forward right. Rock back left. With weight on left foot pivot 1/2 turn right. Walk forward - Right, Left.	Rock Recover Triple Turn Rock Recover & Walk Walk	On the spot Turning left On the spot Turning right
Section 5 33 - 34 35 & 36 37 - 38 39 & 40	Rock Step, Coaster Step x 2 Rock forward on right. Recover back on left. Step back right. Step left beside right. Step forward right. Rock forward on left. Recover back on right. Step back left. Step right beside left. Step forward left.	Rock Recover Coaster Step Rock. Recover Coaster Step	On the spot
Section 6 41 - 42 43 & 44 45 - 46 47 & 48	Rock, Step, Behind & Cross x 2 Rock right to right side. Recover on left. Cross right behind left. Step left to left side. Cross right over left. Rock left to left side. Recover on right. Cross left behind right. Step right to right side. Cross left over right.	Rock Recover Behind & Cross Rock Recover Behind & Cross	On the spot
Section 7 49 - 50 51 & 52 51 - 52 55 & 56	1/4 Turn Right, Shuffle 1/2 Turn, 1/2 Turn Right, Shuffle, 1/2 Turn Left Make 1/4 turn right slowly as if skating, taking weight on right. On ball of right, turn 1/2 left, stepping forward - left, right, left. Make 1/2 turn right slowly as if skating, taking weight on right. On ball of right, turn 1/2 left, stepping forward - left, right, left.	Right Skate Turn Shuffle Right Skate Turn Shuffle	Turning right Turning left Turning right Turning left
Section 8 57 - 58 59 & 60 61 - 62 63 - 64 65 - 66 67 - 68	Rock Step, Triple 1/2 Turn Right, Touch & Cross Rock forward on right. Recover back on left. Triple step 1/2 turn right stepping - right, left, right. Touch left toe to left. Cross left over right. Touch right toe to right. Touch right toe over left. Touch right toe to right. Cross right over left. Touch left toe to left. Cross left over right.	Rock Recover Triple Turn Touch Cross Touch Cross Touch Step Touch Cross	On the spot Turning right Forward On the spot Forward Forward

Choreographed by: Patricia Stott (UK)

Choreographed to:- 'Angel' by Lionel Ritchie from 'Renaissance' album.

Note:- This dance won Intermediate Dance of the Year 2001.