

Bless The Day

拍数: 32 墙数: 2 级数: Beginner
编舞者: Steve Bisson (UK) & Denise Bisson (UK) - February 2016
音乐: I'm Alive (Wake Up Mix) - Céline Dion : (Note: the standard version is only 102bpm)



**Intro: 16 counts from the opening rhythm – start on vocals, weight on left.
One easy 16 count tag at the end of wall 7.**

Toe Touch Back, Together, Heel Touch Forward, Together (x 2)

1-2 Angle body to 3 o'clock and touch right toe diagonally back, step right beside left
3-4 Square up to 12 o'clock and touch left heel diagonally forward, step left beside right
5-6-7-8 Repeat counts 1-4

3 Step Turn, Touch, 3 Step Turn, Touch

1-2 ¼ turn right stepping forward on right, ½ turn right stepping left together
3-4 ¼ turn right stepping right to right side, step right to right side, touch left out to left side and clap hands
5-6 ¼ turn left stepping forward on left, ½ turn left stepping right together
7-8 ¼ turn left stepping left to left side, touch right out to right side and clap hands

Crossing Triple, Side Rock, Recover, Crossing Triple, ½ Turn Left

1&2 Cross step right over left, step left to left side, cross step right over left
3-4 Rock left to left side, recover on right
5&6 Cross step left over right, step right to right side, cross step left over right
7-8 Step right back making ¼ turn left, step left to left side making ¼ turn left [6.0]

Weave Left, Jazz Box

1-2 Cross step right over left, step left to left side
3-4 Step right behind left, step left to left side
5-6 Cross step right over left, step back on left
7-8 Step right to right side, cross step left over right

Begin again and smile!

Tag: At end of wall 7 facing 6 o'clock – repeat Section 1 (the first 8 counts of the dance) followed by Jazz Box x 2.

Toe Touch Back, Together, Heel Touch Forward, Together (x 2)

1-2 Angle body to 3 o'clock – touch right toe diagonally back, step right beside left
3-4 Square up to 12 o'clock – touch left heel diagonally forward, step left beside right
5-6-7-8 Repeat counts 1-4

Jazz Box x 2

1-2 Cross step right over left, step back on left
3-4 Step right to right side, cross step left over right
5-6-7-8 Repeat counts 1-4

Contact: steveandenise@gmail.com - Website: <http://phoenixldc.wordpress.com>