

I'm Blessed

COPPER KNOB
BY STEPSHEETS

拍数: 48 墙数: 2 级数: Improver Soul
编舞者: LaMonte Frierson - July 2018
音乐: I'm Blessed - Charlie Wilson : (Album: In It To Win It - 4:04)



Step sheet prepared by Harry Woods

#32 count intro, support on left

SECTION 1: TAP, TOGETHER, TAP, TOGETHER, TAP, TOGETHER, TAP, TOGETHER

1-2 Bending left knee slightly tap right slightly forward, straightening left knee step right together
3-4 Bending right knee slightly tap left slightly forward, straightening right knee step left together
5-6 Bending left knee slightly tap right slightly forward, straightening left knee step right together
7-8 Bending right knee slightly tap left slightly forward, straightening right knee step left together

SECTION 2: SAILOR, SAILOR, SWAY, SWAY, SWAY, SWAY

1&2 Step right behind left, step left to side, replace right
3&4 Step left behind right, step right to side, replace left
5-8 Sway right, sway left, sway right, sway left

SECTION 3: POINT TOUCH, POINT, KNEE LIFT, STEP, POINT TOUCH, POINT, KNEE LIFT, STEP

1&2 Point right to side, touch right beside left, point right to side
3-4 Lift right knee, step right forward
5&6 Point left to side, touch left beside right, point left to side
7-8 Lift left knee, step left forward

SECTION 4: BACK, POINT, BACK, POINT, BACK, POINT, BACK, POINT

1-2 Step right back, point left forward
3-4 Step left back, point right forward
5-6 Step right back, point left forward
7-8 Step left back, point right forward

SECTION 5: CROSS SIDE, KICK BALL, CROSS SIDE, STOMP, BODY ROLL, BODY ROLL

1&2& Step right across left, step left to side, kick right heel diagonally right, step ball of right beside left
3&4 Step left across right, step right to side then turn slightly left, stomp left beside right
5-6 Body roll
7-8 Body roll

SECTION 6: CROSS SIDE, KICK BALL, CROSS SIDE, STOMP (TURN ¼), SIDE ROCK, RECOVER (TURN ¼), SIDE ROCK, RECOVER

1&2& Step right across left, step left to side, kick right heel diagonally right, step ball of right beside left
3&4 Step left across right, step right to side then turn slightly left, stomp left beside right then turn ¼ left
5-6 Rock right to side, recover left then turn ¼ left
7-8 Rock right to side, recover left

REPEAT

Submitted by – Helen Woods : aquafool@aol.com

