

# Rock 'n' Roll Blessing

COPPER KNOB  
STEPPERS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Nic Bartlam (UK)  
音乐: Blessing in Disguise - Bryan Adams



## SIDE, SIDE, ROCK BACK

1-2      Step to the left side on the left foot, hold  
3-4      Step to the right side on the right foot, hold  
5-6      Rock back on the left foot, replace weight back on to right foot

## TURN, SIDE, ROCK BACK

1-2      Turn ¼ turn to the left stepping forward on left, hold  
3-4      Step to the right side on the right foot, hold  
5-6      Rock back on the left foot, replace weight back on to right foot

## WALK, HOLD, WALK, HOLD

1-2      Walk forward on left foot, hold  
3-4      Walk forward on right foot, hold

## SIDE, TOUCH, SIDE TOUCH, EXTENDED SIDE SHUFFLE

1-2      Step left foot to left side, touch right foot to left foot  
3-4      Step right foot to right side, touch left foot to right foot  
5-6      Step left foot to left side, close right foot to left foot  
7-8      Step left foot to left side, touch right foot to left foot

## SIDE, TOUCH, SIDE TOUCH, EXTENDED SIDE SHUFFLE

1-2      Step right foot to right side, touch left foot to right foot  
3-4      Step left foot to left side, touch right foot to left foot  
5-6      Step right foot to right side, close left foot to right foot  
7-8      Step right foot to right side, touch left foot to right foot

## SLOW LOCK STEP

1-2      Step forward on left foot, hold  
3-4      Lock right foot behind left foot, hold  
5-6      Step forward on left foot, hold  
7-8      Touch right foot to left foot, hold

## SLOW LOCK STEP

1-2      Step forward on right foot, hold  
3-4      Lock left foot behind right foot, hold  
5-6      Step forward on right foot, hold  
7-8      Close left foot to right foot, hold

## TURNING SLOW JAZZ BOX

1-2      Cross right foot over left foot, hold  
3-4      Turn ¼ turn to the right stepping back on left foot, hold  
5-6      Step right foot to right side, hold  
7-8      Close left foot to right foot, hold

## ½ TURN, BREAK, HOLD

1-2      Step forward on right foot, hold

3-4 Turn ½ turn to the left, hold. (weight finishes on left foot)  
&5-6-7-8 Step right foot to right side, step left foot to left side, hold  
**Weight finishes on right foot**

**REPEAT**

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