

Bless My Soul

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Malene Jakobsen (DK) - December 2018
音樂: Hold My Hand - Lukas Graham : (Album: 3, The Purple Album - iTunes)



#16 counts from the beginning, 14 sec. into track - dance begins with weight on L

[1-10] Step hitch, run back with sweep, behind, 1/4, fwd., full turn with sweep, back lock with sweep 1/4

- 1 (1) Step fwd. on R hitching L 12.00
- 2&3 (2&3) Run back L, R, L sweeping R from front to back 12.00
- 4&5 (4) Cross R behind L, (&) turn 1/4 L stepping fwd. on L, (5) step fwd. on R 9.00
- 6&7 (6) Step fwd. on L, (&) turn 1/2 R, (7) turn 1/2 R stepping back on L sweeping L from front to Back - 9.00
- 8&1-2 (8) Step back on R, (&) lock L across R, (1) step back on R sweeping L 1/4 L, (2) step down on L - 6.00

[11-17] Cross rock with sweep, sailor 3/8 cross, run 5/8 with sweep, cross rock, side with low kick

- &3 (&) Rock R across L, (3) recover onto L sweeping R from front to back 6.00
- 4&5 (4) Turn 1/4 R stepping slightly back on R, (&) turn 1/8 R stepping L to L, (5) cross R over L 10.30
- 6&7 (6) Turn 1/4 L stepping fwd. on L (&) turn 1/8 L stepping fwd. on R, (7) turn 1/4 L stepping fwd. on L sweeping R from back to front. - 3.00
- 8&1 (8) Rock R across L, (&) recover onto L, (1) step R to R and kick L low diagonally L - 3.00

[18-25] Side, cross, side with low kick, side, cross, side, back rock, 1/4, mambo 1/2, step, run fwd.

- 2&3 (2) Step L to L, (&) cross R over L, (3) step L to L and kick R low diagonally R - 3.00
- 4&5 (4) Step R to R, (&) cross L over R, (5) step R to R - 3.00
- 6& (6) Rock back on L, (&) recover onto R - 3.00
- 7&8 (7) Turn 1/4 L rocking fwd. on L, (&) recover onto R, (8) turn 1/2 L stepping fwd. on L - 6.00
- &1 (&1) Run fwd. R, L (the step fwd. on L is the beginning of a fwd. rock) 6.00

[26-32] Recover, step back, back rock 1/2 recover, step back, back rock 1/4, recover, behind, side, cross, side, together

- 2& (2) Recover onto R, (&) step back on L - 6.00
- 3-4 (3) Rock back on ball of R and make 1/2 R keeping weight on R foot (4) recover onto R - 12.00
- &5-6 (&) Step back on R, (5) rock back on ball of L and make 1/4 L keeping weight on L foot, (6) recover onto R - 9.00
- &7& (&) Cross L behind R, (7) step R to R, (&) cross L over R - 9.00
- 8& (8) Step R to R, (&) step L next to R - 9.00

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