

Blessed

拍數: 32 牆數: 4 級數: Improver
編舞者: Hana Ries (USA) - March 2024
音樂: Blessed - Lewis Brice



Intro 32 counts. Start dancing on lyrics. – counter clockwise
(Read: R=right foot, L=left foot)

STEP SIDE/Drag, ROCK BACK/RECOVER, ROCKING CHAIR, REPEAT THE SAME SEQUENCE ON THE OTHER SIDE (12:00→12:00)

1-2& Step R to right and drag L towards R [1], Rock L behind R [2], Recover to R [&]
3&4& Rock L forward [3], Recover to R [&], Rock L back [4], Recover to R [&]
5-6& Step L to left and drag R towards L [5], Rock R behind R [6], Recover to L [&]
7&8& Rock R forward [7], Recover to L [&], Rock R back [8], Recover to L [&]

Styling: Turn slightly diagonally while dragging foot in all the way through the rocking segment.

WEAVE, SCISSOR STEP, LEFT (REVERSE) K STEP (12:00→12:00)

1&2& Step R to right, Step L behind R, Step R to right, Cross L over R
3&4 Step R to right, Step L next to R, Cross R over L
5& Step L diagonally forward (10:30), Touch R next to L
6& Step R diagonally back (4:30), Touch L next to R
7& Step L diagonally back (7:30), Touch R next to L
8& Step R diagonally forward (1:30), Touch L next to R

MODIFIED FIGURE 8 (|): slow, quick, quick, slow, slow :||) (12:00→9:00)

1-2& Step L to left [1], Step R behind L [2], Turn ¼ left and step L forward [&] (9:00)
3-4 Pivot 1/2 left: Step R forward [3], Turn ½ left and step L forward [4] (3:00)
5-6& Turn ¼ left and step R to right [5], Step L behind R [6], Turn ¼ right and step R forward [&] (3:00)
7-8 Pivot ½ right: Step L forward [7], Turn ½ right and step R forward [8] (9:00)

TRAVELING SIDE MAMBOS, PIVOT ½ TURN, CHASE ½ TURN (9:00→9:00)

1&2 Rock L to left [1], Recover to R [&], Step L in front of R [2]
3&4 Rock R to right [3], Recover to L [&], Step R in front of L [4]
5-6 Pivot ½ right: Step L forward [5], Turn ½ right and step R forward [6] (3:00)
7&8 Step L forward [7], Turn ½ right and step R forward [&], Step L forward [8] (9:00)

REPEAT

RESTART - (9:00→9:00)

On Wall 6, dance the first 20 counts, turn ¼ left (like you normally would), then restart.

You will dance the first (left) half of the Modified Figure 8, and just before starting the other (right) half of the Modified Figure 8 you will restart facing 9:00.

ENDING On wall 8 you will be facing 6:00. While dancing K step (counts 9-16) keep turning left (counter clockwise) to end the dance facing 12:00.

Last Update: 21 Mar 2024