

Bless You (祝福你)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Angel Chia (SG) - January 2025
音樂: Bless You (Cantonese) - Warner All Stars



Sequence: AAB, AAC, AB, AAB, AACC

Intro: 32 counts

Part A – 16C

Sec 1 Forward Heel R, Side Heel R, Behind Side Cross (R over L), Forward Heel L, Side Heel L, Behind Side Cross (L over R)

1-2 Step forward with R heel, touch R heel to side R (12:00)
3&4 Step R behind left, step L to side L, cross R over L (12.00)
5-6 Step forward with L heel, touch L heel to side L (12.00)
7&8 Step L behind R, step R to side R, cross L over R (12:00)

Sec 2 Forward, Recover, Triple Full Turn R, Forward, Recover, Triple Full Turn L

1&2 Step forward R, recover L (12.00)
3&4 Triple Full Turn R (Run RLR in a circle) 12.00
5-6 Step forward L, recover R (12.00)
7&8 Triple Full Turn L (Run LRL in a circle) 12.00

Part B – 32C

Sec 1 Forward Heel R, Hold, Back Touch R, Hold, 1/4 Turn R (Run RLRL)

1-2 Forward R heel, hold (2) (12:00)
3-4 Touch back with RF, hold (4) (12:00)
5-8 Turn 1/4R and run forward (R-L-R), Hold (8) ~ creating a smooth curving motion (3:00)

Sec 2 Forward Heel R, Hold, Back Touch R, Hold, 1/4 Turn R (Run RLRL)

1-2 Forward L heel, hold (2) (3:00)
3-4 Touch back with L, hold (4) (3:00)
5-8 Turn 1/4R and run forward (L-R-L), Hold (8) ~ creating a smooth curving motion (6:00)

Sec 3 Back R-L-R, lift L, Back L-R-L, lift R

1-4 Step back R-L-R, lift L knee (6:00)
5-8 Step back L-R-L, lift R knee (6:00)

Sec 4 Side R, kick L; side L, kick R, 1/2 turn R, run in circle (R-L-R-L)

1-4 Side R, Kick L across R, Side L, Kick R across L (6.00)
5-8 1/2Turn R - Run in semi-circle RLRL (12.00)

Part C – 16C

Sec 1 Forward R, Lock L, Forward R, Back Flick L, Forward L, Lock R, Forward L, Back Flick R

1-4 Step forward R, Lock L behind R, Step forward R, Flick L Back (1.30)
5-8 Step forward L, Lock R behind L, Step Forward L, Flick R Back (10.30)

Sec 2 Side R, flick L, side L, flick R, 1/2 turn R, run in circle (R-L-R-L)

1-4 Step R to side R, Back flick L, step L to side L, Back flick R (12:00)
5-8 1/2 turn R run in semi-circle (R-L-R-L) (6.00)

Happy Lunar New Year!

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