BLESSED

Released: February 2014  Revised: March 2014  [Revision provides optional alternate choreography]
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Music: Blessed ((Rumba / 25 Bpm))      Artist: Ballroom Orchestra & Singers
CD Album: Take My Breath Away, Track 6
Available as a single download from amazon.com or casa-musica.de

Time/Speed: Time @ BPM: 2:53 @ 100 [25 MPM] as downloaded
Footwork: Opposite unless indicated (Woman’s footwork in parentheses)
Rhythm/Phase: Rumba      Phase 4+2    [Stop & Go Hockey Stick, Full Natural Top]   [Optional alternate choreography provided for End meas 5-8 eliminates Full Natural Top for easier dance making the dance Phase 4+1]

Degree of Difficulty: AVG
Sequence: INTRO A B A B C END

MEAS:

1-4 SKATERS POS BOTH FCG WALL BOTH WITH LEFT FOOT FREE WAIT 2 MEAS ; ; CROSS BODY TO COH ; ;
1-2 (WAIT) (WAIT) SKATERS pos both fcg WALL both w/ L foot free wait 2 meas ; ;
3 (X BDY TO COH) Fwd L, rec R trng 1/4 LF to fc LOD, sd L to SKATERS LOD, - ; [NOTE: Same footwork for both]
4 Bk R, rec L trng 1/4 LF to fc COH, sd & fwd R to SKATERS COH, - ; [NOTE: Same footwork for both]

5-8 CROSS BODY TO WALL ; ; M TIME LADY SPOT TURN 2 SLOW TO BFLY ; FENCE LINE ;
5 (X BDY TO WALL) Fwd L, rec R trng 1/4 LF to fc RLOD, sd L to SKATERS RLOD, - ; [NOTE: Same footwork for both]
6 Bk R, rec L trng 1/4 LF to fc WALL, sd & fwd R SKATERS WALL, - ; [NOTE: Same footwork for both]
7 (M TIM LADY SPT TRN 2 SLO TO BFLY) Release hnds XLib, rec R, sd L to BFLY WALL, - (W XLib of R trng RF, - , rec R to fc ptr & COH BFLY, -) ; [NOTE; Now on opposite footwork]
8 (FNC LINE) X lun thru R w/ bent knee looking LOD, rec L trng to fc ptr, sd R, - (W X lun thru L w/ bent knee looking LOD, rec R trng to fc ptr, sd L, -)

PART A

1-5 FORWARD BASIC TO FACING FAN MAN FACE LOD ; ; 1/2 BASIC LADY WRAP TO LOD ; PROGRESSIVE WALK 6 ; ;
1 {FWD BAS} Fwd L, rec R, bk L, - (W Bk R, rec L, fwd R, -) ;
2 {TO FCG FAN M FC LOD} Bk R, trng LF sd & fwd L making 1/4 trn to LOD, fwd R, - (W Fwd L, trng LF sd & bk R making 1/4 trn to L, bk L leaving R extended fwd w/ no wgt, -) ;
3 {1/2 BAS LADY WRP TO LOD} Fwd L, rec R, sd L raising lead hnds, lead W to trn LF undr jnd lead hnds to WRPD pos fcg LOD (W Close R, fwd L, fwd R, trng LF 1/2 undr jnd lead hnds to WRPD pos fcg LOD) ;
4 {PROG WLK 6} Fwd R, fwd L, fwd R, - (W Fwd L, fwd R, fwd L, -) ;
5 {HIP RK 3 TO BFLY} Rk sd L rolling hip sd & bk, rk sd R rolling hip sd & bk, rk sd L, trng 1/2 LF to fc ptr in BFLY (W Rk sd R rolling hip sd & bk, rk sd L rolling hip sd & bk, rk sd R, trng 1/2 RF to fc ptr in BFLY) ;
6 {SD WLK 3 TO RLOD} Sd R, cl L, sd R, - (W Sd L, cl R, sd L, -) ;
7 {FNC LINE} X lun thru R w/ bent knee looking RLOD, rec R trng to fc ptr, sd L, - (W X lun thru L w/ bent knee looking RLOD, rec L trng to fc ptr, sd R, -) ;
8 {UNDRM TRN} Raising jnd lead hnds trn bdy slightly RLOD bk R, rec L squaring bdy to fc ptr, sd R, - (W Swvl 1/4 RF on ball of R stp fwd L trng 1/2 RF, rec R trng 1/4 RF to fc ptr, sd L, -)

PART B

1-4 ALEMANA TO CARESS LARIAT ; ; ; TO CP WALL ;
1 {ALEMANA} Fwd L, rec R, cl L raising M’s L & W’s R hnds to indicate RF trn for W, - (W Bk R, rec L, sd & fwd R, -) ;
2 Bk R, rec L, sd R leading W to M’s R sd, - (W XLib of R trng RF 1/2 undr jnd lead hnds, fwd R cont RF trn, fwd & sd L to M’s R sd, -) ;
3 {TO CARESS LRT TO CP WALL} Leading W to circ around M plc W’s R hnd on M’s R shldr stp in place L, R, L, - (W Circ M clockwise w/ R hnd caressing M’s shldr fwd R, fwd L, fwd R, -) ;
4 In place L, R, blend to CP WALL (W Fwd L, fwd R, sd L ending fcg M, blend to CP COH) ;
5-8 BREAK BACK TO 1/2 OPEN LOD ; OPEN IN & OUT RUNS ; ; SPOT TURN TO BFLY [2ND TIME TO HANDSHAKE] ;
5 {BRK BK 1/2 OP LOD} Swvl on R stp bk L to 1/2 OP LOD, rec R, fwd L, - (W Swvl on L stp bk R to 1/2 OP LOD, rec
L, fwd R, -) ;
6  {OP I/O RUNS} Fwd R starting RF trn, moving acrs W sd & bk L to fc RLOD cont RF trn brush R to L, comp trn fwd R to 1/2 OP LOD, - (W Fwd L, fwd R between M’s feet, fwd L outsd M to 1/2 OP LOD, -) ;
7  Fwd L, fwd R between W’s feet, fwd L outsd W to 1/2 OP LOD, - (W Fwd R starting RF trn, moving acrs M sd & bk L to fc RLOD cont RF trn brush R to L, comp trn fwd R to 1/2 OP LOD, -) ;
8  {SPT TRN TO BFLY} Swvl 1/4 on ball of L stp fwd R trng 1/2, rec L trng 1/4 to fc ptr, sd R, blend to BFLY (W Swvl 1/4 on ball of R stp fwd L trng 1/2, rec R trng 1/4 to fc ptr, sd L, blend to BFLY) ; [NOTE: 2nd time to HNDSHK]

REPEAT PART A
REPEAT PART B

PART C
1-4 FLIRT TO FAN ; ; STOP & GO HOCKEY STICK ; ;
1  {FLIRT TO FAN} In HNDSHK Fwd L, rec R, sd L leading W to trn 1/2 LF to VARSOU pos, - (W Bk R, fwd L, fwd R trng 1/2 LF to VARSOU pos, -) ;
2  Bk R, rec L, sd R bhd W leading her to FAN pos, - (W Bk L, rec R, sd L moving in front of M & trng 1/4 RF to FAN pos leaving R foot extended fwd w/ no wgt, -) ;
3  {STOP & GO HKY STK} Ck fwd L, rec R, cl L to R, raising L arm to lead W to a LF undrm trn (W Cl R, fwd L, fwd R, trng 1/2 LF undr jnd hnds to end at M’s R sd) ;
4  Ck fwd R w/ L sd stretch shaping to ptr placing R hnd on W’s L shldr blade to ck her movement, rec L, cl R, raising L arm to lead W to a RF undrm trn (W Ck bk L [M catches W with R hnd on W’s L shldr blade at end of stp to ck her movement], rec R, fwd L, trng 1/2 RF undr jnd hnds to end fcg M in Fan pos) ;
5-8 HOCKEY STICK TO WALL BFLY ; ; SHOULDER TO SHOULDER ; ; AIDA ;
5  {HKY STK TO WALL BFLY} Fwd L, rec R, cl L, - (W Cl R, fwd L, fwd R, -) ;
6  Bk R, rec L, fwd R following the W, blend to BFLY WALL (W Fwd L, fwd R trng LF to fc ptr, sd & bk L, blend to BFLY COH) ;
7  {SHLDR-SHLDR} Fwd L to SCAR, rec R to fc, sd L, - (W Bk R to SCAR, rec L to fc, sd R, -) ;
8  {AIDA} Thru R trng RF, sd L cont RF trn, bk R, - (W Thru L trng LF, sd R cont LF trn, bk L, -) to end “V” bk-bk pos ;
9-12 HIP ROCK 3 TO BFLY ; ; SIDE WALK 3 TO REVERSE ; ; FENCE LINE ; ; THRU FACE CLOSE TO CP WALL ; ;
9  {HIP RK 3 TO BFLY} Rk sd L rolling hip sd & bk, rk sd R rolling hip sd & bk, rk sd L rolling hip sd & bk, rk sd R, trng 1/2 LF to fc ptr in BFLY (W Rk sd R rolling hip sd & bk, rk sd L rolling hip sd & bk, rk sd L, trng 1/2 RF to fc ptr in BFLY) ;
10  {SD WLK 3 TO RLOD} Sd R, cl L, sd R, - (W Sd L, cl R, sd L, -) ;
11  {FNC LINE} X lun thru R w/ bent knee looking RLOD, rec R trng to fc ptr, sd L, - (W X lun thru R w/ bent knee looking RLOD, rec L trng to fc ptr, sd R, -) ;
12  {THRU FC CL TO CP WALL} Thru R, fwd L trng to fc ptr, cl R, blend to CP WALL (Thru L, fwd R trng to fc ptr, cl L, blend to CP COH) ;

END
1-4 LATIN WHISK ; ; THRU SERPIENTE TO BFLY ; ; FENCE LINE ; ;
1  {LATIN WSK} XL bhd R, rec R, sd L, - (W XR bhd L, rec L, sd R, -) ;
2  {THRU SERP TO BFLY} Thru R, sd L, bhd R, fan L counterclockwise (W Thru L, sd R, bhd L, fan R clockwise) ;
3  Bhd L, sd R, thru L, fan R counterclockwise to BFLY (W Bhd R, sd L, thru R, fan L clockwise to BFLY) ;
4  {FNC LINE} X lun thru R w/ bent knee looking LOD, rec R trng to fc ptr, sd R, - (W X lun thru R w/ bent knee looking LOD, rec L trng to fc ptr, sd L, -) ;
5-8* 1/2 BASIC TO FULL NATURAL TOP TO CP WALL ; ; ; ; [Note: * See alternate figures below for meas 5-8]
5  {1/2 BAS} Fwd L, rec R, sd & fwd L, commence RF trn to end fcg RLOD (W Bk R, rec L, sd & fwd R, commence RF trn to end fcg LOD) ;
6  {FULL NAT TOP} XRib of L commence RF turn, sd L cont trn, XRib of L cont trn, - (W Sd L commence RF trn, XRif of L cont trn, sd L cont trn, -) ;
7  Sd L cont trn, XRib of L cont trn, sd L cont trn,- (W XR if of L cont trn, sd L cont trn, XRif of L cont trn, -) ;
8  XRib of L cont trn, sd L cont trn, cl R, - (W Sd L cont trn, XRif of L cont trn, sd L, -) ;
9-10 CORTE SLOWLY EXTENDING LEFT ARMS ; ; [NOTE: 6 BEATS ONLY]
9  {CORTE SLOWLY EXTENDING L ARMS} Stp bk & sd L using lowering action with supporting leg relaxed, slowly extend L arm over remaining music, - (W Stp fwd & sd R using lowering action with supporting leg relaxed, slowly extend L arm over remaining music, -) ;
10  - , - [Note: 2 beats only]

*END [Alternate for MEAS 5-8]
5-8* ALEMENA TO CARESS LARIAT ; ; TO CP WALL ;
5-8 Same as Part B meas 1-4 ; ; ;

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