YOU'LL BE BLESSED

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Music: "Blessed"                        Artist: Elton John
CD: The Greatest Hits 1970-2002 or amazon.com single download
Release Date: May 2017
Rhythm: Rumba Phase: V + 2 [Advanced Alemana / Continuous Natural Top]
Degree of Difficulty: Above Average Difficulty
Original Length of Music: 4:22
Music Modification: Cut length to 3:15, then fade out from 3:07 - 3:15
Sequence: Intro A B¹ C B² Int C End
Footwork: Opposite for Woman unless otherwise noted in (   )

INTRO [8 Measures]

TANDEM WALL (LADY IN FRONT) ~ MAN L FT FREE /
LADY HOOK L FT BEHIND R / WAIT 2 MEASURES

1-8
WAIT; WAIT; MAN RK 2 ~ LADY UNWIND TO LOW BFLY;
[LEAD FT] CUCARACHA 4; SD WK 1/2 BFLY; SHLDR TO SHLDR;
CK FWD LADY DEVELOP; BK SD CL TO CPW;

1-2
(Wait 2 Measures) Wait; Wait;

3
{Man Rk 2 ~ Lady Unwind to Low BFLY} Slow rk L, -, slow rk R joing hnds with ptr in low BFLY, -;  (With weight on R heel and L ball of ft slowly trn to fc ptr in 4 counts joing hnds with ptr in low BFLY,; ;)

4
{Cucaracha in 4} Sd L, rec R, cl L, in place R;

5
{Sd Wk 1/2 BFLY} Sd L, cl R, sd L raising arms to BFLY, -;

6
{Shldr to Shldr} Fwd R to BFLY BJO, rec L to fc, sd R, -;

7
{Ck Fwd ~ Lady Develop} Fwd L outsd ptr ckg, -, -, -;  (Bk R, bring L foot up right leg to inside of right knee on counts 2 and 3., extend L foot fwd;)

8
{Bk Sd Cl to CPW} Bk R to fc WALL, sd L, clo R to BFLY fcg WALL, -;

PART A [12 Measures]

1-4
ADV ALEMANA [COH];; CUDDLE [1X]; SPOT TRN TO LEFT HND START;

1-2
{Adv Alemana [COH]} Fwd L, rec R, trng 1/8 RF small sd L, -;  XRib of L trng RF, sd L completing 3/8 RF trn to fc COH, cl R to CP, -;  (Bk R, rec L, small sd R comm RF swivel, -;  Cont RF trn under joined lead hands fwd L, cont RF trn fwd R, cont trn fwd L to fc ptr, -;)

3
{Cuddle [1X]} Sd L with inside edge pressure lowerg the lead hands and releasing the tension in the right arm as well as trng the upper body RF to lead the woman’s openg, rec R with tension in right arm to lead the woman’s return to fc and straighten body, cl L to CP, ; (From CP swivelg about 3/8 RF on L foot and with right sd stretch sd R to approximately 1/2 OP DRC, rec L with left side stretch startg LF trn, fwd and sd R to fc ptr placing right hand on ptrs left shldr, -;)

4
{Spot Trn to Left Hnd Star} Swivel 1/4 on ball of L ft fwd R twd RLOD trng 1/2, rec L to fc LOD, cl R to L to left hnd star, -;  (Swivel 1/4 on ball of R ft fwd R twd LLOD trng 1/2, rec R trng 1/2 to fc RLOD, cl L to R to left hnd star, -;)

5-8
UMBRELLA TRNS TO FC CP [COH];;

5-8
{Umbrella Trns to Fc CP [COH]} Fwd L, rec R, bk L, -;  Bk R, rec L, fwd R, -;  Fwd L, rec R, bk L, -;  Bk R, rec L trng 1/4 to fc ptr, sd R, -;  (Bk R, rec L, fwd R, -;  Fwd L trng 1/2 RF under joined left hnds, rec R, fwd L, -;  Fwd R trng 1/2 LF under joined left hnds, rec L, fwd R, -;  Fwd L trng 1/2 RF under joined left hnds, rec R cont trn to fc ptr, sd L, -;)

YOU'LL BE BLESSED
9-12  ADV ALEMANA [WALL];;  CUDDLE [1X] CPW;  2 SLOW HIP RKS:

9-10  {Adv Alemana [WALL]}  Fwd L, rec R, trng 1/8 RF small sd L, ↓;  XRib of L tmng RF, sd L completing 3/8 RF trn to fc WALL, cl R, ↓;  (Bk R, rec L, small sd R cond RF swivel, ↓;  Cont RF trn under joined lead hands fwd L, cont RF trn fwd R, cont trn fwd L to fc ptr, ↓)

11  {Cuddle [1X]}  Sd L with inside edge pressure lowerg the lead hands and releasing the tension in the right arm as well as trng the upper body RF to lead the woman’s openg, rec R with tension in right arm to lead the woman’s return to fc and straighteng body, cl L to CP, ↓;  (From CP swivelg about 3/8 RF on L foot and with right sd stretch sd R to approximately 1/2 OP DLW, rec L with left side stretch startg LF trn, fwd and sd R to fc ptr placing right hand on pts left shldr, ↓)

12  {2 Slow Hip Rks}  Rk sd L rollg left hip sd and bk, ↓, rk sd R rollg right hip sd and bk, ↓

PART B\(^1\)  [12 Measures]

1-4  [TRAIL FT]  TO RLOD SD WK 1/2;  LATIN WHISK;  SLOW THRU & WHIPLASH;

BK TWIST VN 4:

1  {[Trail Ft]}  To RLOD Sd Wk 1/2  In CP...Sd R, cl L, sd R, ↓;

2  {Latin Whisk}  XLib of R, rec R, sd L to fc ptr, ↓;

3  {Slow Thru & Whiplash}  Thru R, ↓, trng body RF pt L hold endg in CP, ↓;  (Thru L, ↓, swivel on L to fc pt and pt R hold endg in CP, ↓)

4  {Bk Twist Vn 4}  Bk L tmng RF, sd and fwd R to SCAR, fwd L tmng LF, sd & bk R BJQ;

5-8  SLOW BK BK & SLOW REC TO FC;  START A X BODY;

LADY X SWIVEL 2X;  FINISH THE X BODY TO A R LUNGE ENDING:

5  {Slow Ck Bk & Slow Rec to Fc}  Slow bk L in BJO ckg, ↓, rec R tmng RF to fc ptr and WALL, ↓;

6  {Start a X Body}  Fwd L, rec R tmng 1/4 LF, sd L fc LOD, ↓;  (Bk R, rec L, fwd R, ↓)

7  {Lady X Swivel 2X}  Sd R, ↓, sd L, ↓;  (Fwd L swivelg 1/2 LF, ↓, fwd R swivelg 1/2 RF, ↓)

8  {Finish the X Body to a R Lunge Ending}  Bk R tmng LF 1/4, fwd L fc COH, flex left knee move sd and slightly fwd onto R and as weight is taken on R flex right knee and look at ptr, ↓;  (Fwd L, fwd R tmng LF 1/2, flex right knee move sd and slightly bk on to L and as weight is taken on L flex left knee keepg head to left, ↓)

9-12  TRNG BK RK 3 FC LOD:

MAN HOOK BEHIND TO HOCKEY STICK ENDING;  OP HIP TWIST;  FAN;

9  {Tmg Bk Rk 3 FC LOD}  Rec bk L tmng slightly RF, rec fwd R cont slight RF tmn, rec bk L to fc LOD, ↓;

10  {Man Hook Behind to Hockey Stick Ending}  Bring joined hnds thru hook R ft bhd L tmng RF, cont RF trn rec L to fc DRW, fwd R DRW, ↓;  (Fwd L, fwd R tmng LF under joined lead hnds to fc ptr, bk L, ↓)

11  {Op Hip Twist}  Ck fwd L twd DRW, rec R, cl L to R, ↓;  (Bk R, rec L, fwd R twd man with tension in right arm which causes Lady to swivel 1/4 RF on R on count of “and”, ↓)

12  {Fan}  Bk R, rec L, sd R, ↓;  (Fwd L, fwd R tmng LF 1/2, bk L leaving R extended fwd with no weight, ↓)

PART C  [13 Measures]

1-4  START A STOP & GO HOCKEY STICK CKG;  TO A X BODY ENDING [COH]:

LATIN WHISK;  UNDERARM TRN TO A R HND SHAKE;

1  {Start a Stop & Go Hockey Stick Ckg}  Ck fwd L, rec R raising left arm to lead Lady to a LF underarm trn, cl L to R ckg movement, ↓;  (Cl R, fwd L, fwd R tmng ½ LF under joined lead hands and extendng left arm straight up to end at man’s right sd ckg movement, ↓)

2  {To a X Body Ending [COH]}  Place right hand on Lady’s left shldr blade bk R cmm LF tmn to fc LOD, cont the LF tmn small fwd L to fc COH, sd and slightly fwd R, ↓;  (Leave left arm extended fwd L cmm LF tmn, fwd & sd R cont LF tmn to fc ptr bring left arm to CP, sd & slightly bk L, ↓)

3  {Latin Whisk}  XLib of R, rec R, sd L to fc ptr, ↓;

4  {Underarm Trn to a R Hnd Shake}  Raising joined lead hnds tmn body slightly RF and XRib, rec L square body to fc ptr, sd R ckg to right hnd shake, ↓;  (Lady XLif under joined lead hnds cmm 1/2 RF tmn, rec R complete RF trn to fc ptr, sd L, ↓)
5-8 FLIRT;; [2 HAND HOLD] SWEETHEART 2X;;  
5-6 {Flirt} Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -; (Bk R, fwd L, fwd R trng LF to Varsouvienn, -; Bk L, rec R, sd L moving to her left in front of the man to end in Left Varsouvienn, -;)  
7-8 {[2 Hand Hold] Sweetheart 2X} Ck fwd L with right sd lead into contra ck like action bring right hnds low in front of Man and left hnds high in front of Lady, rec R straighteng body bring arms to shldr level, sd L, -; Ck fwd R with left sd lead into contra ck like action bring right hnds low in front of Man and right hnds high in front of Lady, rec L straighteng body bring arms to shldr level, sd R, -; (Bk R with left sd lead into contra ck like action bring left hnds low in front of Man and right hnds high in front of Lady, rec R straighteng body bring arms to shldr level, sd L, -; Bk L with right sd lead into contra ck like action bring left hnds low in front of Man and right hnds high in front of Lady, rec R straighteng body bring arms to shldr level, sd L, -;)

9-13 SWEETHEART AGAIN WITH X HND SWIVEL TO FC; AIDA TO SHADOW CKG; WK 3 FLARING IN TO; AIDA; SWITCH X TO CP;  
9 {Sweetheart Again with X Hnd Swivel to Fc} Ck fwd L with right sd lead into contra ck like action bring right hnds low in front of Man and left hnds high in front of Lady, rec R straighteng body startg to bring arms down, sd L in front to X hand hold left over right, -; (Bk R with left sd lead into contra ck like action bring right hnds low in front of Man and left hnds high in front of Lady, rec L straighteng body startg to bring arms down, fwd R swivelg to fc ptr, -;)
10 {Aida to Shadow Ckg} Maintaing X hnd hold…Thru R trng RF, sd L continue to trn RF, bk R releasg left hnds to SHADOW ckg movement, -;  
11 {Wk 3 Flaring in to} Fwd L, R, L flare to fc ptr & WALL, -;  
12 {Aida} Maintaing right hnd hold…Thru R trng RF, sd L cont to trn RF, bk R to SHADOW, -;  
13 {Switch X to CP [COH]} Trng LF to fc ptr sd L ckg bring joined hands thru ckg to lead hnds, rec R, XLif trng LF to fc ptr and COH, -;  

PART B2 [12 Measures]  
1-4 [TRAIL FT] TO LOD SD WK 1/2; LATIN WHISK; SLOW THRU & WHIPLASH; BK TWIST VN 4;  
1 {[Trail Ft] To LOD Sd Wk 1/2} In CP...Sd R, cl L, sd R, -;  
2 {Latin Whisk} XLib of R, rec R, sd L to fc ptr, -;  
3 {Slow Thru &Whiplash} Thru R, -, trng body RF pt L hold endg in CP, -; (Thru L, -, swivel on L to fc ptr and pt R hold endg in CP, -;)
4 {Bk Twist Vn 4} Bk L trng RF, sd and fwd R to SCAR, f wd L trng LF, sd & bk R BJO;  
5-8 SLOW CK BK & SLOW REC TO FC; START A X BODY;  
5 {Slow Ck Bk & Slow Rec to Fc} Slow bk L in BJO ckg, -, rec R trng RF to fc ptr and COH, -;  
6 {Start a X Body} Fwd L, rec R trng 1/4 LF, sd L fc RLOD, -; (Bk R, rec L, fwd R, -;)
7 {Lady X Swivel 2X} Sd R, -, sd L, -; (Fwd L swivelg 1/2 LF, -, fwd R swivelg 1/2 RF, -;)
8 {Finish the X Body to a R Lunge Ending} Bk R trng LF 1/4, f wd L fc WALL, flex left knee move sd and slightly fwd onto R and as weight is taken on R flex right knee and look at ptr, -; (Fwd L, fwd R trng LF 1/2, flex right knee move sd and slightly bk on to L and as weight is taken on L flex left knee keepg head to left, - ;)

9-12 TRNG BK RK 3 FC RLOD;  
MAN HOOK BEHIND TO HOCKEY STICK ENDING TO BFLY [DLC];  
SHLDR TO SHLDR 2X;  
9 {Tmg Bk Rk 3 Fc RLOD} Rec bk L trng slightly RF, rec f wd R cont slight RF tm, rec bk L to fc RLOD, -;  
10 {Man Hook Behind to Hockey Stck Ending to BFLY [COH]} Bring joined hnds thru hook R ft bhd L trng RF, cont RF tm rec L to fc DLC, fwd R DLC to BFLY, -; (Fwd L, f wd R trng LF under joined lead hnds to fc ptr, bk L to BFLY, -;)
11-12 {Shldr to Shldr 2X} Fwd L to BFLY SACR, rec R to fc, sd L, -; Fwd R to BFLY BJO, rec R to fc, sd R, -;
INTERLUDE  [8 Measures]

1-4  CHASE WITH UNDERARM PASS;; NY; SPOT TRN JOIN LEAD HANDS;

1-2  {Chase with Underarm Pass}  Fwd L comm 1/2 RF turn to fc WALL keep lead hands joined, rec fwd R, fwd L, -;  Bk R raising joined lead hands, rec L, sd R, -;  (Bk R keep lead hands joined, rec L, fwd R twd Man's left sd -;  Fwd L, fwd R trng 1/2 LF under joined lead hands to fc ptr, sd L, -;)

3  {NY}  Swivelng on R ft bring L ft thru with straight leg to a sd by sd position, rec R swivelg to fc ptr, sd L, -;

4  {Spot Trn Join Lead Hnds}  Swiveling 1/4 RF on ball of L foot fwd R trng 1/2 LF to fc RLOD, rec L trng 1/4 LF to fc ptr, sd R, -;

5-8  FWD BRK LADY SPIRAL TO A; CONTINUOUS NAT TOP WITH FAN ENDING;;;

5  {Fwd Brk ~ Lady Spiral to a}  Fwd L, rec bk R, fwd and sd L trng RF 1/4 to fc RLOD leadg Lady to spiral to CP, -;  (Bk R with contra ck like action, fwd L, fwd R spiralg LF on count of "and" to CP, -;)

6-8  {Continuous Nat Top with Fan Ending}  XRib of L, sd L, XRib L, -;  Sd L with left sd stretch to lead Lady's underarm swivel, XRib of L, sd L, -;  XRib L, sd L with left side stretch to lead Lady's underarm swivel, sd R leading Lady to Fan, -;  (Sd L, XRif of L, sd L ending in CP, -;  Fwd R spiralg LF trn to BJO, fwd L, fwd R, -;  Fwd L, fwd R spiralg LF over trn to fc RLOD, bk L in FAN position, -;)

REPEAT PART C  [13 Measures]

END  [4 Measures]

1-4  [TRAIL FOOT]  TO LOD SD WK 1/2; OP BRK TO WRAP FC LOD;

WHEEL 3 FC RLOD; SLOW PT SD & HOLD;;

1  {[Trail Ft]  To LOD Sd Wk 1/2}  In CP...Sd R, cl L, sd R, -;

2  {Op Brk to Wrap Fc LOD}  Rk apt strongly on L to Left Open Fcg while extendg free arm up with palm out [or extending free arm out to sd], rec on R lowerg free arm and joining both hnds bring lead hnds thru to begin wrap trng RF 1/4 to fc LOD, sd L, -;

3  {Wheel 3 Fc RLOD}  In tight circular pattern fwd R, fwd L, fwd R to fc RLOD, -;

4  {Slow Pt Sd & Hold}  Slowly soften right knee and pt L ft sd twd WALL;;
"You'll Be Blessed" Quick Cues
Sequence: Intro A B1 C B2 Int C End

Tandem Fcing WALL (Lady in Front) / Man L Foot Free / Lady Hook L Foot Behind R / Wait 2 Meas

Intro:
Wait; Wait; Man Rk 2 - Lady Unwind to Low BFLY; [Lead Ft] Cucaracha in 4;
Sd Wk 1/2 BFLY; Shldr to Shldr; Ck Fwd - Lady Develop; Bk Sd Cl CPW;

A:
Adv Alemana [COH];; Cuddle [1X]; Spot Trn to Left Hnd Star;
Umbrella Trns - to Fc CP [COH];;;
Adv Alemana [COH];; Cuddle [1X] TO CP; 2 Slow Hip Rks;

B1:
[Trail Ft Free] To RLOD - Sd Wk 1/2; Latin Whisk; Slow Thru & Whiplash; Bk Twist Vn 4;
Slow Ck Bk & Slow Rec to Fc; Start X Body; Lady X Swivel 2X; Finish X Body to a R Lunge Ending;
Trng Bk Rk 3 to Fc LOD; Man Hook Behind to Hockey Stick Ending [DRW]; Op Hip Twist; Fan;

C:
Start a Stop & Go Hockey Stick Ckg; to a X Body Ending [COH];
Latin Whisk; Underarm Trn to Hnd Shake;
Flirt;; [2 Hnd Hold] Sweetheart 2X;;
Sweetheart Again with X Hnd Swivel to Fc; Aida to Shadow - Ckg; Wk 3 Flaring in to;
Aida; Switch X to CP;

B2:
[Trail Ft Free] To LOD - Sd Wk 1/2; Latin Whisk; Slow Thru & Whiplash; Bk Twist Vn 4;
Slow Ck Bk & Slow Rec to Fc; Start X Body; Lady X Swivel 2X; Finish X Body to a R Lunge Ending;
Trng Bk Rk 3 to Fc RLOD; Man Hook Behind to Hockey Stick Ending to BFLY [DRC]; Shldr to Shldr 2X;;

Int:
Chase with Underarm Pass [WALL];; NY; Spot Trn - Join Lead Hnds;
Fwd Brk - Lady Spiral - to a; Continuous Nat Top ~ with Fan Ending;;;

C:
Start a Stop & Go Hockey Stick Ckg; to a X Body Ending [COH];
Latin Whisk; Underarm Trn to Hnd Shake;
Flirt;; [2 Hnd Hold] Sweetheart 2X;;
Sweetheart Again with X Hnd Swivel to Fc; Aida to Shadow - Ckg; Wk 3 Flaring in to;
Aida; Switch X to CP;

End:
To LOD - Sd Wk 1/2; Op Brk to Wrap Fc LOD; Wheel 3 to Fc RLOD; Slow Pt Sd & Hold;.