

# 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:

## INTRODUCTION

- 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 XLif 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 Fwd L, fwd R, fwd L, - (W Fwd R, fwd L, fwd R, -) ;  
**6-8 THRU FACE CLOSE BFLY ; TWIRL VINE 3 ; AIDA ;**  
6 {THRU FC CL BFLY} Fwd R, fwd L trng to fc ptr, cl R to BFLY, - (W Fwd L, fwd R trng to fc ptr, cl L to BFLY, -) ;  
7 {TWRL VIN 3} With lead hnds jnd sd L, XLib, sd L to BFLY WALL, - (W Sd & fwd R trng 1/2 RF undr jnd hands, sd & bk L trng 1/2 RF, sd R to BFLY COH, -) ;  
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 ; UNDERARM TURN ;**  
9 {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) ;  
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 L 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 {UNDRM TRN} Raising jnd lead hnds trn bdy slightly RF 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 XLif 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 R, 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, 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) ;
- 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 L 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, thru R, fan L clockwise to BFLY) ;
- 4 **{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, -) ;

**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 XRif 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\* ALEMANA TO CARESS LARIAT ; ; ; TO CP WALL ;**

- 5-8 Same as Part B meas 1-4 ; ; ;