

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 joining hnds with ptr in low BFLY, -; (With weight on R heel and L ball of ft slowly trn to fc ptr in 4 counts joining 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 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 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 L twd RLOD 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, -;)

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 trng RF, sd L completing 3/8 RF trn to fc WALL, cl R, -; (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, -;)
- 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 ptrs 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 B¹ [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} Trng R, -, trng body trn pt L hold endg in CP, -; (Trng 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, fwd L trng LF, sd & bk R BJO;

5-8 SLOW CK 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 trng RF to fc ptr and WALL, -;
- 6** {Start a X Body} Fwd L, rec R trng 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 trng 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 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 LOD;**MAN HOOK BEHIND TO HOCKEY STICK ENDING; OP HIP TWIST; FAN;**

- 9** {Trng Bk Rk 3 Fc LOD} Rec bk L trng slightly RF, rec fwd R cont slight RF trn, rec bk L to fc LOD, -;
- 10** {Man Hook Behind to Hockey Stick Ending} Bring joined hnds thru hook R ft bhd L trng RF, cont RF trn rec L to fc DRW, fwd R DRW, -; (Fwd L, fwd R trng 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 trng 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 trng 1/2 LF under joined lead hands and extendg 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 comm LF trn to fc LOD, cont the LF trn small fwd L to fc COH, sd and slightly fwd R, -; (Leave left arm extended fwd L comm LF trn, fwd & sd R cont LF trn 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 trn body slightly RF and XRib, rec L square body to fc ptr, sd R chg to right hnd shake, -; (Lady XLif under joined lead hnds comm 1/2 RF trn, 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 Varsouvienne, -; Bk L, rec R, sd L moving to her left in front of the man to end in Left Varsouvienne, -;)

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 left 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 right hnds low in front of Man and left hnds high in front of Lady, rec L straighteng body bring arms to shldr level, sd R, -; 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 chg 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, fwd L trng LF, sd & bk R BJO;

5-8 SLOW CK 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 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 swiveling 1/2 LF, -, fwd R swiveling 1/2 RF, -;)

8 {Finish the X Body to a R Lunge Ending} Bk R trng LF 1/4, fwd 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 {Trng Bk Rk 3 Fc RLOD} Rec bk L trng slightly RF, rec fwd R cont slight RF trn, rec bk L to fc RLOD, -;

10 {Man Hook Behind to Hockey Stick Ending to BFLY [COH]} Bring joined hnds thru hook R ft bhd L trng RF, cont RF trn rec L to fc DLC, fwd R DLC to BFLY, -; (Fwd L, fwd 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} Swivelg 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 joing 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**

- Intro:** Tandem Fcing WALL (Lady in Front) / Man L Foot Free / Lady Hook L Foot Behind R / Wait 2 Meas
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;.