

Bless My Soul

High Intermediate

Level: 4

Wall: 32

Count:

Malene Jakobsen (DK) - December 2018

Choreographer:

Hold My Hand by Lukas Graham. Album 3 (The Purple Album), iTunes, 68 bpm

Music:

#16 counts from the beginning, 14 sec. into track - dance begins with weight on L

[1-10] Step hitch, run back with sweep, behind, 1/4, fwd., full turn with sweep, back lock with sweep 1/4

- (1) Step fwd. on R hitching L 12.00 1
(2&3) Run back L, R, L sweeping R from front to back 12.00 2&3
(4) Cross R behind L, (&) turn 1/4 L stepping fwd. on L, (5) step fwd. on R 9.00 4&5
(6) Step fwd. on L, (&) turn 1/2 R, (7) turn 1/2 R stepping back on L sweeping L from front to Back 6&7
- 9.00
(8) Step back on R, (&) lock L across R, (1) step back on R sweeping L 1/4 L, (2) step down on L -8&1-2
6.00

[11-17] Cross rock with sweep, sailor 3/8 cross, run 5/8 with sweep, cross rock, side with low kick

- (&) Rock R across L, (3) recover onto L sweeping R from front to back 6.00 &3
(4) Turn 1/4 R stepping slightly back on R, (&) turn 1/8 R stepping L to L, (5) cross R over L 10.30 4&5
(6) Turn 1/4 L stepping fwd. on L (&) turn 1/8 L stepping fwd. on R, (7) turn 1/4 L stepping fwd. on L sweeping R from back to front. - 3.00 6&7
(8) Rock R across L, (&) recover onto L, (1) step R to R and kick L low diagonally L - 3.00 8&1

[18-25] Side, cross, side with low kick, side, cross, side, back rock, 1/4, mambo 1/2, step, run fwd.

- (2) Step L to L, (&) cross R over L, (3) step L to L and kick R low diagonally R - 3.00 2&3
(4) Step R to R, (&) cross L over R, (5) step R to R - 3.00 4&5
(6) Rock back on L, (&) recover onto R - 3.00 6&
(7) Turn 1/4 L rocking fwd. on L, (&) recover onto R, (8) turn 1/2 L stepping fwd. on L - 6.00 7&8
(&1) Run fwd. R, L (the step fwd. on L is the beginning of a fwd. rock) 6.00 &1

[26-32] Recover, step back, back rock 1/2 recover, step back, back rock 1/4, recover, behind, side, cross, side, together

- (2) Recover onto R, (&) step back on L - 6.00 2&
(3) Rock back on ball of R and make 1/2 R keeping weight on R foot (4) recover onto R - 12.00 3-4
(&) Step back on R, (5) rock back on ball of L and make 1/4 L keeping weight on L foot, (6) recover onto R - 9.00 &5-6
(&) Cross L behind R, (7) step R to R, (&) cross L over R - 9.00 &7&
(8) Step R to R, (&) step L next to R - 9.00 8&

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