

TWICE BLESSED

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RELEASED: May 2021
MUSIC: Blessed
SOURCE: Amazon
RHYTHM/PHASE: Rumba, phase 4 + 0 +1 (Alternative Basic)
FOOTWORK: Opposite unless indicated (**W's footwork in parentheses**)
SEQUENCE: **INTRO A INT A INT B C INT B MOD D END**

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TIME: 3:18 as downloaded
AVERAGE

MEAS

INTRODUCTION

1-4 **WAIT;; BASIC;;**
1-4 BFLY Wait;; {Basic} Fwd L, rec R, sd L, -; Bk R, rec L, sd R, -;
5-8 **REV UNDRM TRN; AIDA; HIP RK 3 TO FC; SPT TRN;**
5-6 {Rev undrm trn} XLif, rec R, sd L, -; (**Swvlg 1/4 LF on ball of L ft stp fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd Rt, -;**)
7-8 {Aida} Thru and fwd R trng RF, sd L cont RF trn, bk R, -;[to 'V' bk to bk pos]
{Hip rks}Rk fwd L, rk bk R, rk fwd L swvlg to fc ptr and ptg R to sd, -;
{Spot trn}Swvlg 1/4 LF on ball of L ft stp fwd R trng 1/2, rec L trng 1/4 to fc ptr, sd R, -;

PART A

1-4 **ALEMANA;; LARIAT;;**
1-2 {Alemana} Fwd L, rec R, cl L ldg W to trn RF, -; Bk R, rec L, sd R, -; (**Bk R, rec L, sd R comm RF swvl, -; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L, -;**)
3-4 {Lariat}Sip L, R, L, -; R, L, R, -; (**Circ M CW w/jnd ld hnds fwd R, fwd L, fwd R, -; fwd L, fwd R, sd L endg fcg M, -;**)
5-8 **AIDA; SWCH RK; REV UNDRM TRN; CUCA;**
5-6 {Aida}Thru and fwd L trng LF, sd R cont LF trn, bk L, -;[to 'V' bk to bk pos]
{Swch rk}Trng RF to fc ptr sd R ckg bringing jnd hnds thru, rec L, sd R, -;
7-8 {Rev undrm trn} XLif, rec R, sd L, -; (**Swvlg 1/4 LF on ball of L ft stp fwd R trng 1/2 LF, rec L trng 1/4 LF to fc ptr, sd Rt, -;**)
{Cuca}Sd R, rec L, cl R, -;

INTLD

1-4 **FNC LINE, TWICE;; ALTERNATIVE BASIC, TWICE;;**
1-2 {Fnc line 2X}In BFLY X lun thru L w/bent knee looking in dir of lun, rec R trng to fc ptr, sd L, -;
X lun thru R w/bent knee looking in dir of lun, rec L trng to fc ptr, sd R, -;
3-4 {Alternative Bas 2X}Cl L, cl R, sd L, -; Cl R, cl L, sd R, -;

REPEAT PART A

REPEAT INTLD

PART B**1-4 CHASE W/UNDRM PASS;; SD WLKS;;**

1-2 {Chs w/undrm pass}Fwd L comm 1/4 RF trn keeping ld hnds jnd, rec sd R, cl L raising jnd ld hnds for hky stk window, -; bk R trng ¼ RF, fwd L, sd R to fc ptr, -; (Bk R keeping ld hnds jnd, rec L, fwd R raising jnd ld hnds for hky stk window, -; fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L, -;)

3-4 {Sd wlks}Sd L, cl R, sd L, -; cl R, sd L, cl R, -;

5-9 CHASE W/UNDRM PASS;; SHLDR – SHLDR; THRU SERP;;

5-6 {Chs w/undrm pass}Fwd L comm 1/4 RF trn keeping ld hnds jnd, rec sd R, cl L raising jnd ld hnds for hky stk window, -; bk R trng ¼ RF, fwd L, sd R to fc ptr, -; (Bk R keeping ld hnds jnd, rec L, fwd R raising jnd ld hnds for hky stk window, -; fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L, -;)

7-9 {Shldr – shldr}Fwd L to BFLY SCAR pos, rec R to fc ptr, sd L, -; (Bk R BFLY SCAR pos, rec L to fc ptr, sd R, -;)

{Thur serp}Thru R, sd L, bhd R, fan L CCW; bhd L, sd R, thru L, fan R CCW;

10-13 PROG WLK 6;; SPT TRN; SLO HIP RK 2;

10-11 {Prog wlks}Thru R, fwd L, fwd R, -; Fwd L, fwd R, fwd L to fc ptr, -;

12-13 {Spot trn}Swvlg 1/4 LF on ball of L ft stp fwd R trng 1/2, rec L trng 1/4 to fc ptr, sd R, -;

{Slo hip rk}Rk sd L, -, rk sd R, -;

PART C**1-8 CHASE PEEK-A-BOO DBL;::: ;:::**

1-8 {Chas peek-a-boo dbl}Fwd L trng sharply 1/2 RF to Tandem [M in frnt], rec R, fwd L, -; sd R lkg ovr L shldr, rec L, cl R, -; sd L lkg ovr R shldr, rec R, cl L, -; fwd R trng sharply 1/2 LF to Tandem [W in frnt], rec L, fwd R, -; sd L, rec R, cl L, -; sd R, rec L, cl R, -; fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; (Bk R, rec L, fwd R, -; sd L, rec R, cl L, -; sd R, rec L, cl R, -; fwd L trng sharply 1/2 RF to Tandem [W in frnt], rec R, fwd L, -; sd R lkg ovr L shldr, rec L, cl R, -; sd L lkg ovr R shldr, rec R, cl L, -; fwd R trng sharply 1/2 LF to fc ptr, rec L, fwd R, -; fwd L, rec R, bk L, -;)

REPEAT INTLD**PART B MOD****1-4 CHASE W/UNDRM PASS;; SD WLKS;;**

1-4 Repeat measures 1-4, Part B;;;

5-7 FNC LINE; ALT BASIC TO CP; SLO HIP RK 2;

5-6 {Fence line} In BFLY X lun thru L w/bent knee looking in dir of lun, rec R trng to fc ptr, sd L, -;

{Alternative Basic} Cl R, cl L, sd R to CP, -;

7 {Slo hip rk}Rk sd L, -, rk sd R, -;

PART D**1-4 CROSS BODY;; CRAB WLKS;;**

1-2 {Cross body}Fwd L, rec R, sd L trng LF [ft trnd abt 1/4 trn bdy trnd 1/8 trn], -; bk R cont LF trn, sm fwd L, sd and fwd R, -; (Bk R, rec L, fwd R twd M staying on R sd endg in an L-shapd Pos, -; fwd L comm to trn L, fwd R trng 1/2 LF end/R ft bk, sd and bk L, -;)

3-4 {Crab wlks}XLif of R, sd R, XLif of R, -; sd R, XLif of R, sd R, -;

5-7 NEW YORKER; THRU SERPIENTE;;

5-7 {New yorker}Swvlg on R ft bring L ft thru w/straight leg to a sd by sd pos, rec R swvlg to fc ptr, sd L,-;

{Thru serp} Thru R, sd L, bhd R, fan L CCW; bhd L, sd R, thru L, fan R CCW; (Thru L, sd R, bhd L, fan R CW; bhd R, sd L, thru R, fan L CW;)

8-11**FNC LINE, TWICE;; ALT BASIC, TWICE;;**

- 8-11 {Fnc line 2X}In BFLY X lun thru R w/bent knee lkg in dir of lun, rec L trng to fc ptr, sd R, -; X
 lun L w/bent knee lkg in dir of lun, rec R trng to fc ptr, sd L, -;
 3-4 {Alternative Bas 2X}Cl R, cl L, sd R, -; Cl L, cl R, sd L, -;

END**1-4****CRAB WLKS;; NEW YORKER; HND – HND;**

- 1-2 {Crab wlks}XRif of L, sd L, XRif of L, -; sd L, XRif of L, sd L, -;
 3-4 {New yorker}Swvlg on L ft bring R ft thru w/straight leg to a sd by sd pos, rec L swvlg to
 fc ptr, sd R, -;
 {Hand to hand}Swvlg sharply 1/4 LF on R ft stp bk on L to OP, rec R trng 1/4 RF to fc ptr, sd L, -;

5-7**HIP RK ; QK TWST VIN 4; CUDDLE CORTE, HOLD;**

- 5-6 {Hip rocks}w/rolling action sd R, w/rolling action sd L, w/rolling action sd R, -;
 {Quick Twist vine}Comm slight RF upper bdy trn sd & bk L, XRif of L, comm slight LF upper bdy
 trn sd & fwd L, XRif of L;
 7 {Cuddle corte}In cuddle CP stp bk and sd L using lowering action w/leg flexed, -, -, -;