

Rock 'n' Roll Blessing

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Nic Bartlam (UK)

Music: Blessing in Disguise - Bryan Adams



SIDE, SIDE, ROCK BACK

- 1-2 Step to the left side on the left foot, hold
- 3-4 Step to the right side on the right foot, hold
- 5-6 Rock back on the left foot, replace weight back on to right foot

TURN, SIDE, ROCK BACK

- 1-2 Turn $\frac{1}{4}$ turn to the left stepping forward on left, hold
- 3-4 Step to the right side on the right foot, hold
- 5-6 Rock back on the left foot, replace weight back on to right foot

WALK, HOLD, WALK, HOLD

- 1-2 Walk forward on left foot, hold
- 3-4 Walk forward on right foot, hold

SIDE, TOUCH, SIDE TOUCH, EXTENDED SIDE SHUFFLE

- 1-2 Step left foot to left side, touch right foot to left foot
- 3-4 Step right foot to right side, touch left foot to right foot
- 5-6 Step left foot to left side, close right foot to left foot
- 7-8 Step left foot to left side, touch right foot to left foot

SIDE, TOUCH, SIDE TOUCH, EXTENDED SIDE SHUFFLE

- 1-2 Step right foot to right side, touch left foot to right foot
- 3-4 Step left foot to left side, touch right foot to left foot
- 5-6 Step right foot to right side, close left foot to right foot
- 7-8 Step right foot to right side, touch left foot to right foot

SLOW LOCK STEP

- 1-2 Step forward on left foot, hold
- 3-4 Lock right foot behind left foot, hold
- 5-6 Step forward on left foot, hold
- 7-8 Touch right foot to left foot, hold

SLOW LOCK STEP

- 1-2 Step forward on right foot, hold
- 3-4 Lock left foot behind right foot, hold
- 5-6 Step forward on right foot, hold
- 7-8 Close left foot to right foot, hold

TURNING SLOW JAZZ BOX

- 1-2 Cross right foot over left foot, hold
- 3-4 Turn $\frac{1}{4}$ turn to the right stepping back on left foot, hold
- 5-6 Step right foot to right side, hold
- 7-8 Close left foot to right foot, hold

$\frac{1}{2}$ TURN, BREAK, HOLD

- 1-2 Step forward on right foot, hold

3-4 Turn ½ turn to the left, hold. (weight finishes on left foot)
&5-6-7-8 Step right foot to right side, step left foot to left side, hold
Weight finishes on right foot

REPEAT
