



Bless My Soul

32 Count, 4 Wall, Intermediate

Choreographer: Malene Jakobsen (DK) December 2018

Choreographed to: Hold My Hand by Lukas Graham

Album 3 (The Purple Album) (68bpm)

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

1-10 Step hitch, run back with sweep, behind, 1/4, forward, full turn with sweep, back lock with sweep 1/4

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

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

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

18-25 Side, cross, side with low kick, side, cross, side, back rock, 1/4, mambo 1/2, step, run forward

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

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

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

Music download available from iTunes