

ELVIS BLESSED MY SOUL

Category: Partner Dance, 64 Count
Position: Closed Position, Man facing LOD, Lady facing RLOD, Steps are opposite
Type: Circle
Choreographer: Trent & Mary Cummings (March, 2003)
Music: Danced To: "Elvis Blessed My Soul" by Dean Brothers (140 bpm)
Practice Medium: "A Rockin' Good Way" by Shakin' Stevens & Bonnie Tyler (132 bpm)
Practice Slow: "My Shoes Keep Walking Back To You" by Daniel O'Donnell (124 bpm)

Note: The dance is done in a Quick-Quick-Slow (Q-Q-S) rhythm (1=Q, 2=Q, 3-4=S).

MAN

LADY

WALK FORWARD

1-2 (QQ) Walk forward left, bring right together
3-4 (S) Walk forward left, pause
5-6 (QQ) Walk forward right, bring left together
7-8 (S) Walk forward right, pause

WALK BACK

(QQ) Walk back right, bring left together
(S) Walk back right, pause
(QQ) Walk back left, bring right together
(S) Walk back left, pause

STEP IN PLACE, 3/4 TURN LEFT

(Release man's right hand and lady's left, raise man's left arm and lady's right, lady turns under the raised arms.)

9-10 (QQ) Step in place left, step in place right
11-12 (S) Step in place left, pause
(Man now turns under the same raised arms.)
13-14 (QQ) Begin 3/4 turn left, stepping right, left
15-16 (S) Finish turn, stepping right, pause

1-1/4 TURN RIGHT, STEP IN PLACE

(QQ) Begin 1-1/4 turn right, stepping right, left
(S) Finish turn, stepping right, pause
(QQ) Step in place left, step in place right
(S) Step in place left, pause

(Join hands in Double Hand Hold Position, now facing partner, man facing outside of circle, lady facing inside of circle.)

SIDE SHUFFLE, ROCK, RECOVER, ROCK, RECOVER

(Moving along LOD)

17-18 (QQ) Step to the left with left, bring right together
19-20 (S) Step to the left with left, pause
(Rocks done at slight angle: Man does cross rocks, lady angles body to left on first rock, and to right on second rock.)
21-22 (QQ) Rock forward on right, rock back on left
23-24 (S) Step slightly to the right with right, pause
25-26 (QQ) Rock forward on left, rock back on right
27-28 (S) Step slightly to the left with left, pause

(QQ) Step to the right with right, bring left together
(S) Step to the right with right, pause
(QQ) Rock back on left, rock forward on right
(S) Step slightly to the left with left, pause
(QQ) Rock back on right, rock forward on left
(S) Step slightly to the right with right, pause

DO-SI-DO SHUFFLE AROUND PARTNER

(Release both hands, you will both be moving clockwise around your partner.)

(Move forward, toward your partner, right shoulder to right shoulder.)

29-30 (QQ) Step forward right, step forward left
31-32 (S) Step forward right, pause
(Finish by moving past your partner, and begin passing back to back.)
33-34 (QQ) Step left behind right, step right with right
35-36 (S) Bring left together with right, pause

(QQ) Step forward left, step forward right
(S) Step forward left, pause
(QQ) Step to the right with right, bring left together
(S) Step to the right with right, pause

(Continue moving clockwise around your partner, passing left shoulder to left shoulder, and finish by squaring off face to face)

37-38 (QQ) Step right behind left, step back left
39-40 (S) Bring right together with left, pause

(QQ) Step back left, step back right
(S) Step back left, pause

(Join man's right hand with lady's left.)

BUTTERFLY STEP

(Moving along LOD)

41-42 (QQ) Step to the left with left, bring right together (QQ) Step to the right with right, bring left together

43-44 (S) Turn 1/4 to the left with left, pause (S) Turn 1/4 to the right with right, pause

(Now facing LOD in Right Open Promenade Position, inside hands joined.)

45-46 (QQ) Turn 1/4 to the left with right, bring left together (QQ) Turn 1/4 to the right with left, bring right together

47-48 (S) Turn 1/4 to the right with right, pause (S) Turn 1/4 to the left with left, pause

(You have momentarily turned away from each other, then back, and now again facing LOD.)

LASSO STEP

(Raise joined hands. Lady begins turning to her left, counter-clockwise in a circle around the man, passing left shoulder to left shoulder. Do not pass under arms. Man keeps hands raised over his head, while guiding the lady around him.)

Hint: If the lady continues "looking" directly at the man on Steps 49-56, she will always be turning correctly.)

49-50 (QQ) Step left behind right, step right to right (QQ) Beginning lasso, step right, step left

51-52 (S) Step in place left, pause (S) Continuing lasso, step right, pause

(Lady will now begin passing around the back of the man.)

53-54 (QQ) Step right in front of left, step left to left (QQ) Continuing lasso, step left, step right

55-56 (S) Step in place right, pause (S) Finishing lasso, step left, pause

(Lady should now be back to the man's right side, facing LOD with the man.)

STEP IN PLACE, FREE SPIN LEFT

1/2 TURN RIGHT, FREE SPIN RIGHT

(Lady now switches directions and turns 1/2 turn right under the raised arms.)

57-58 (QQ) Step in place left, step in place right (QQ) Turn 1/2 turn to the right, stepping right, left

59-60 (S) Step in place left, pause (S) Finish turn, stepping right, pause

(Lady is now facing RLOD, man still facing LOD. Release both hands, lady continues turning right, man turns left, one full turn, no hands joined.)

61-62 (QQ) Begin full turn to the left, step right, step left (QQ) Begin full turn to the right, step left, step right

63-64 (S) Finish full turn, step right, pause (S) Finish full turn, step left, pause

(Back into Closed Position, man facing LOD, lady facing RLOD.)

START AGAIN