

Blood From a Stone

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Guillaume Richard (FR) - August 2026

Music: Blood From A Stone - Bishop Briggs



Intro: 8 counts

No Tag / No Restart

[1–10] Step & Sweep, Cross, 1/8 turn Back Step, ¼ turn Side Step, Sways x2, ¼ turn Step and back arabesque, Full Turn, ½ Fallaway Diamond,

- 1-2& Step LF fwd and sweep RF from back to front (1), Cross RF over LF (2), Make 1/8 turn R stepping LF back (&) 1:30
- 3-4& Make ¼ turn R stepping RF to R (3), Body sway to L (4), Body sway to R (&) 4:30
- 5-6& Make ¼ turn L as your recover on LF fwd and keep (5), Make ½ turn L stepping back on RF (6), Make ½ turn L stepping LF fwd (&) 1:30
- 7-8& Make 1/8 turn L stepping RF to R (7), Make 1/8 turn L stepping LF back (8), Step RF back (&) 10:30
- 1-2& Make 1/8 turn L stepping LF to L (1), Make 1/8 turn L stepping RF fwd (2), Step LF fwd (&) 7:30

[11–16] Step Up, Back Down, ½ turn & Sweep, Back Rock, Full Spiral Turn, Run x2

- 3-4 Cross RF in front of LF and raise up on toes and stretch both arms fwd shoulders level (3), Come back down on feet with weight on RF and bend your knees and bring both fists to each hip (4) 7:30
- 5-6& Make ½ turn L keeping weight back on RF as you sweep LF from front to back (5), Step LF back (6), Recover on RF fwd (&) 1:30
- 7-8& Step LF fwd and do a full spiral turn R keeping weight on LF (7), Step RF fwd (8), Step LF fwd (&) 1:30

[17–24] 1/8 Nightclub Basic, ¼ turn L Nightclub Basic, ¼ Hinge Turn, ½ Walk Around in circle with a Sweep, Cross, Side

- 1-2& Make 1/8 turn L stepping RF to R (1), Close LF next to RF (2), Cross RF over LF (&) 12:00
- 3-4& Make ¼ turn R stepping LF to L (3), Close RF next to LF (4), Cross LF over RF (&) 3:00
- 5-6& Make ¼ turn L stepping on RF back and lifting L leg straight up fwd (5), Make 1/8 turn L stepping LF fwd (6), Make 1/8 turn L stepping RF fwd (&) 9:00
- 7-8& Make ¼ turn L stepping on LF fwd and sweep RF from back to front (7), Cross RF over LF (8), Step LF to L (&) 6:00

[25–32] Cross & Sweep, Behind, Side, Cross Rock, Side, Cross, Scissors ¼ turn Step, Full Turn x2

- 1-2& Cross RF behind LF and sweep LF from front to back (1), Cross LF behind RF (2), Step RF to R (&) 6:00
- 3-4& Cross LF over RF (3), Recover on RF (4), Step LF to L (&) 6:00
- 5-6& Cross RF over LF (5), Step LF to L (6), Make ¼ turn R stepping RF next to LF (&) 9:00
- 7&8& Step LF fwd (7), Make ½ turn L stepping RF back (&), Make ½ turn L stepping LF fwd (8), Make ½ turn stepping RF back (&) 3:00

To Restart the dance :

Make ½ turn L stepping LF fwd and sweep RF to the front with an extra ¼ turn L to restart the dance facing the front or back wall