Satisfaction



Wall: 0 **Count: 164** Level: Phrased High Intermediate

Choreographer: Carlton Thompson (USA) - July 2017

Music: Satisfaction - Los 5



Sequence: A, B, Tag, A, B, C, B, D, D, D, D, D, D.

(Part A - Verse I & II) Section A1: 64 counts

1-2& (Keeping chest facing 45 degrees to the left) Step R heel forward, bring L ft. behind R ft.,

Step R ft. forward. (open arms from chest – outwards, and then drop arms to side)

3-4& (Keeping chest facing 45 degrees to the right) Step L heel forward, bring R ft. behind L ft.,

Step L ft. forward.

5-6& Square up by placing R toe to right side, shrug L shoulder up, bring L shoulder down while

brining R shoulder up.

7-8 Drop weight onto R ft. & R knee (and bend your R arm across your chest), hold.

Section A2:

&a Make a ¼ turn left (placing weight on L ft. and bring both arms up), and then arms down to

1-2 Step toe-heel forward with R ft., Step toe-heel forward with L ft. 3-4 Step toe-heel forward with R ft., Step toe-heel forward with L ft. 5-6& Toe-touch R ft. forward, twist R heel forward, twist R heel back.

7-8 Step L ft. forward (optional hands out to side), hold.

Section A3:

&a Drag R ft. next to L ft., make ½ turn right while dragging R ft. forward into a toe-touch).

1-2 Place weight onto R ft., Step L ft. behind R ft. 3-4 Step R ft. forward, Step L ft. behind R ft.

Square up to (3:00) by placing weight onto R ft., Make ½ turn right leading with L ft., Make ¼ 5-6&

turn right leading with R ft. to right side.

7-8 Point L ft. to left side, hold. (count 8&, optional head-up/down nod)

Section A4:

1-2 Cross L ft. behind R ft., Point R ft. out to right side. 3-4 Cross R ft. behind L ft., Point L ft. out to left side. 5-6&

Step L ft. back, Rock R ft. back, Recover forward on L ft.

7-8 Toe Touch R ft. next to L ft., Hold (optional pop)

Section A5:

1&2& Step R ft. back, Step L ft. back, Make ½ turn right leading back with R ft., Make ½ turn right

by pivoting on L ft.

3&4& Step R ft. back, Step L ft. back, Make ½ turn right leading back with R ft., Making ½ turn right

by pivoting on L ft.

5&6& Step R ft. back, Step L ft. forward, Step R ft. forward, Step L ft. forward.

Slide R ft. 45 degree diagonal forward to right side, Slide L ft. 45 degree diagonal forward to 7&8&

left side. Slide R ft. 45 degree diagonal forward to right, slowly drag L ft. next to R ft.

Section A6:

1-4 Continue to drag L ft. next to R ft. (Weight is equally placed on both feet on count 4) (optional

Head bob for four counts)

Rock L ft. forward, Recover back on R ft., Rock back on L ft., Recover forward on R ft. 5&6&

7&8 Rock L ft. forward, Recover back on R ft., Rock back on L ft. Section A7:

1&2& Step R ft. back, Step L ft. back, Make ½ turn right leading back with R ft., Make ½ turn right

by pivoting on L ft.

3&4& Step R ft. back, Step L ft. back, Make ½ turn right leading back with R ft., Making ½ turn right

by pivoting on L ft.

5&6& Step R ft. back, Step L ft. forward, Step R ft. forward, Step L ft. forward.

7&8& Ski R ft. 45 degree diagonal forward to right side, Ski L ft. 45 degree diagonal forward to left

side. Slide R ft. 45 degree diagonal forward to right, drag L ft. next to R ft.

Section A8:

1-4 Continue to drag L ft. next to R ft. (Weight is equally placed on both feet on count 4) (optional

Head bob for four counts)

5-6 Step R ft. back, Step L ft. back (point hands like a gun)

7-8 Step R ft. back while lifting L leg out to left side (bring hands out to side) (use this leg lift to

help with small jump to the left), Jump and land on L ft. to left side. And cross R ft. behind L

ft.

(Part B - Chorus I & II)

Section B1: 48 counts

1-2 Hold pose, stand-up and lift and point R leg to right side.
3&4 Rock R ft. forward, Recover back on L ft., Step R ft. back.
5&6 Rock L ft. forward, Recover back on R ft., Step L ft. back.

7&8& Point R ft. to right side, Cross-Point R ft. over L ft. (Clap on 7,&, 8& - 4 total claps)

Section B2:

1-2 Make 1/8 Pivot turn to the right leading with R ft. (Hint: left foot is your weighted foot)., Make

1/8 pivot turn to the right leading with R ft. (3:00)

3-4 Toe touch L ft. next to R ft., Point L ft. to left side.

5&6& Step L heel forward, Bring L ft. back, Step R heel forward, Bring R ft. back.

7-8 Place weight on L heel forward and drag R ft. forward, Toe touch R ft. next to L ft.

Section B3:

1-2 Step R ft. to right side, Drag L ft. next to R ft.

&3&4 Lean back bring brining R ft. back and placing L heel forward.

Toe touch R ft. to right side, Bring R ft. back to center, Toe touch L ft. to left side, Bring L ft.

back to center.

7&8 Rock R ft. to right side, Recover on L ft., Cross R ft. over L ft.

Section B4:

1&2 Rock L ft. to left side, Recover on R ft., Cross L ft. over R ft.

3-4 Unwind 1 full turn right.

5-8 Walk full circle left starting with R ft. (Step R, L, R, L)

Section B5:

1-2 Rock R ft. forward, Recover back on L ft.

3&4 Step R ft. back, Step L ft. forward, Step R ft. forward.

Cross L ft. over R ft., Step R ft. to right side, L heel step to left side, Step L ft. back.
 Cross R ft. over L ft., Step L ft. to left side, R heel step to right side, Step R ft. back.

Section B6:

1-2 Rock L ft. forward, Recover back on R ft.

Step L ft. back, Step R ft. forward, Step L ft. Forward.
Walk full circle left starting with R ft. (Step R, L, R, L)

Tag Line:

1-2 Simple soft. "Stomp Stomp" with R ft., then L ft.

(Part C – Interlude)

Section C1: 32 counts

1-2 Rock R ft. forward, Recover back on L ft.3&4 Make full turn right leading with R ft. (R, L, R)

5-6& Step L ft. to left side, Rock R ft. behind L, Recover forward on R ft.
7-8& Step R ft. to right side, Rock L ft. behind R, Recover forward on L ft.

Section C2:

1-2 Make ¼ turn left leading with L ft., Step R ft. forward. (9:00)

3-4 Make ½ turn left leading with L ft., Make ¼ turn left leading with R ft. to right side. (12:00)

Cross L ft. behind R ft., Rock R ft. to right side, Step L ft. to left side.
Cross R ft. behind L ft., Step L ft. to left side, Cross R ft. front of L ft.

Section C3:

1-2 Pivot 1 full turn right leading with L ft. (will need to lift right knee in the air), Step R ft. in front

of L ft. (12:00)

3&4 Rock L ft. to left side, Recover R ft. to right side, Cross L ft. over R ft.
5-6& Step R ft. to right side, Cross L ft. behind R ft., Step R ft. to right side.
7-8& Cross L ft. over R ft., Recover back on R ft., Step L ft. to left side.

Section C4:

1-2 Rock R ft. forward, Recover back on L ft.3-4 Rock R ft. to right side, Recover back on L ft.

5-6 Step R ft. back, Step L ft. back (point hands like a gun)

7-8 Step R ft. back while lifting L leg out to left side (bring hands out to side) (use this leg lift to

help with small jump to the left), Jump and land on L ft. to left side. And cross R ft. behind L

ft.

(Part D – Pieces from Section 4 – 6 of Part A)

Section D4: 20 counts

5-8 Walk full circle left starting with R ft. (Step R, L, R, L)

Section D5:

1-2 Rock R ft. forward, Recover back on L ft.

3&4 Step R ft. back, Step L ft. forward, Step R ft. forward.

Cross L ft. over R ft., Step R ft. to right side, L heel step to left side, Step L ft. back.
 Cross R ft. over L ft., Step L ft. to left side, R heel step to right side, Step R ft. back.

Section D6:

1-2 Rock L ft. forward, Recover back on R ft.

3&4 Step L ft. back, Step R ft. forward, Step L ft. Forward.

Contact: carltonthompson87@gmail.com