

# Silk & Satin AB

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Shanthie De Mel (AUS) - July 2025  
音乐: Island - Eddy Raven



Intro: 16 Count. Begin on lyrics. 94 BPM. No Tags or Restarts. Wall rotation left. Do your own styling.

Split Floor dance to Silk & Satin (Intermediate Dance) by Evelyn Khinoo USA 1995.

**[1-8] SHUFFLE FORWARD. FORWARD. HOLD. SHUFFLE BACK. BACK. HOLD.**

- 1&2      Shuffle forward R-L-R.
- 3. 4      Step L forward. Hold.
- 5&6      Shuffle back R-L-R.
- 7. 8      Step L back. Hold. (12:00)

**[9-16] CROSS ROCK. RECOVER. POINT. HOLD. ROCK. RECOVER. SWAY. HOLD.**

- 1. 2      Cross rock R over L. Recover L in place.
- 3. 4      Point R to right side. Hold.
- 5. 6      Rock R back to left diagonal turning to face (1:30). Recover L in place.
- 7. 8      Sway R to right side with weight. Hold.

**[17-24] CROSS ROCK. RECOVER. POINT. HOLD. ROCK BACK. RECOVER. SWAY. HOLD.**

- 1. 2      Cross rock L over R. Recover R in place.
- 3. 4      Point L to left side. Hold.
- 5. 6      Rock L back to right diagonal turning to face (10:30). Recover R in place.
- 7. 8      Sway L to left side with weight. Hold.

**[25-32] FORWARD. TURN ¼ LEFT. POINT. HOLD. BACK. BACK. HOOK. HOLD.**

- 1. 2      Step R forward. Turn ¼ left on L. (9:00)
- 3. 4      Point R to right side. Hold.
- 5. 6      Step R back. Step L back.
- 7. 8      Hook R over L. Hold. (9:00)

**NOTE: For a more challenged beginning try below counts (1-8)**

**[1-8] FORWARD. SHUFFLE FORWARD. HOLD. BACK. SHUFFLE BACK. HOLD.**

- 1.      Step R forward.
- 2&3      Shuffle forward L-R-L.
- 4.      Hold.
- 5.      Step R back.
- 6&7      Shuffle back L-R-L. (12:00)
- 8.      Hold.

**Last Update: 29 Jul 2025**