

Satisfy My Soul

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Yvonne Anderson (SCO)
音乐: Satisfy My Soul - Paul Carrack



Very short intro ("Satisfy my"). Start on the word Soul (approximately 2 seconds into track)

HIP SWAYS, FORWARD SAILOR WITH ¼ TURN LEFT, CROSS SHUFFLE, ROCK, ¼ TURN, FLICK

- 1-2 Step left to left and sway hips left, sway hips right and recover weight on right
- 3&4 Step left across right, & step right back making ¼ left, step left to left (9:00)
- 5&6 Step right across left, & step left to left, step right across left
- 7&8 Step left to left and sway hips left, sway hips right making ¼ left, flick left across right and snap fingers at shoulder height (6:00)

LEFT SHUFFLE, MAMBO ½ TURN LEFT, FULL TURN, LEFT SHUFFLE

- 1&2 Shuffle forward on left, right, left
- 3&4 Step right forward, & pivot ½ turn left (weight on left), step right beside left (12:00)
- 5-6 Make a full turn right stepping forward left, right (can be replaced with walk forward left, right)
- 7&8 Shuffle forward on left, right, left

KICK-CROSS-¼ TURN TOUCH, STEP-KICK-& CROSS, CHASSE RIGHT, ROCK, RECOVER

- 1&2 Kick right forward & making ¼ right step right across left, touch left toe back (9:00)
- &3&4 Step down on left, & kick right forward, step right to right, & step left across right
- 5&6 Step right to right, & step left beside right, step right to right
- 7-8 Rock left forward, recover weight on right

BACK-LOCK-BACK, ROCK, RECOVER, RONDE ½ TURN, ROCK & CROSS

- 1&2 Step left back, & lock step right across left, step left back
- 3-4 Rock right back and look over right shoulder, recover weight on left
- 5-6 Making ½ turn left sweep right out and round, touch right beside left (3:00)
- 7&8 Rock right to right, & recover weight on left, step right across left

REPEAT