

Satisfaction

COPPERKNOB
STEPSHEETS

拍數: 164 牆數: 0 級數: Phrased High Intermediate
編舞者: Carlton Thompson (USA) - July 2017
音樂: 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 side.
- 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.
- 5-6& Square up to (3:00) by placing weight onto R ft., Make ½ turn right leading with L ft., Make ¼ 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.
- 7&8& Slide R ft. 45 degree diagonal forward to right side, Slide L ft. 45 degree diagonal forward to 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)
- 5&6& Rock L ft. forward, Recover back on R ft., Rock back on L ft., Recover forward on R ft.
- 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 R ft. back and placing L heel forward.
- 5&6& 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.
- 5&6& Cross L ft. over R ft., Step R ft. to right side, L heel step to left side, Step L ft. back.
- 7&8& 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.
- 3&4 Step L ft. back, Step R ft. forward, Step L ft. Forward.
- 5-8 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.

3-4 Shoulder shimmy, place weight on 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)
5&6 Cross L ft. behind R ft., Rock R ft. to right side, Step L ft. to left side.
7&8 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.
5&6& Cross L ft. over R ft., Step R ft. to right side, L heel step to left side, Step L ft. back.
7&8& 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.

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