

Silk & Satin AB

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Shanthie De Mel (AUS) - July 2025
音樂: 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