

Satisfaction

COPPER KNOB
STEPPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Tom Mickers (NL)
音樂: Music - Madonna



SLIDE BALL CHANGE (RIGHT), SLIDE BALL CHANGE (LEFT)

1&2 Right foot big step to the right side, left foot step behind right foot, right foot step in place
3&4 Left foot big step to the left side, right foot step behind left foot, left foot step in place

SLIDE LOCKSTEP (FORWARD), SLIDE LOCKSTEP (FORWARD)

5&6 Right foot big step forward, left foot lock behind right foot, right foot step in place
7&8 Left foot big step forward, right foot lock behind left foot, left foot step in place

KICK BALL CHANGE, KICK BALL CHANGE (TRAVELING LEFT)

9&10 Right foot kick to the right side, right foot step beside left foot (knee's slightly bent), left foot step in place (knee's slightly bent)
11&12 Right foot kick to right side (extend left leg), right foot step beside left foot (knee's slightly bent), left foot step in place (knee's slightly bent)

CROSS RIGHT OVER LEFT UNWIND $\frac{3}{4}$ TURN, COASTER STEP (WEIGHT ON LEFT FOOT)

13-14 Right foot cross over left foot, unwind $\frac{3}{4}$ turn (to the left) while sweeping left leg to the back
15&16 Left foot step back, right foot step in place, left foot step forward (weight on left bent leg) shoulders $\frac{1}{4}$ turn to right side

SHOULDER ISOLATIONS, FOOT BACK TOGETHER, TWIST TURN (TO THE LEFT)

17& Shoulder isolation to left side, shoulders back in place
18& Shoulders isolation to left side, shoulders back in place
19& Left foot back beside right foot (bent knees), upper body twist $\frac{1}{2}$ turn (to the left)
20 Lower body twist $\frac{1}{2}$ turn (to the left)(straighten knees, stand on balls of feet)

AND WALK, WALK, KICK WEIGHT CHANGE ($\frac{1}{4}$ TURN TO THE LEFT)

& Left foot small step forward
21-22 Right foot step forward, left foot step forward (this is a funky walk)
23 Kick right foot to the side while making a $\frac{1}{4}$ turn (to the left)
& Right foot touch left side (weight is on right left)
24 Bend right leg and put full weight on it (looks like sitting)

STEP ($\frac{1}{4}$), $\frac{1}{2}$ TURN (KNEE PUSH), CROSS RIGHT FOOT OVER, KICK LEFT FOOT

25 Left foot step forward while making $\frac{1}{4}$ turn to the left
26 $\frac{1}{2}$ turn to the left on left foot while pushing inside right knee with right arm
27 Right foot cross over left foot, cross fists in front left over right (hip height)
28 Left foot kick left, plie right leg, pull hands out to the side (left extended right bend)

CROSS OVER, BESIDE, PRESS ON BALL OF LEFT FOOT, TOUCH RIGHT TOE IN LEFT KNEE ($\frac{1}{4}$ TURN)

29 Left foot cross over right foot (left arm on right shoulder, right arm on left wrist)
30 Right foot step to right side (left arm left shoulder, right arm straight down)
31 Left leg bend and press down on ball of left foot (push left arm up)
32 Right foot touch in left bent knee while making a $\frac{1}{4}$ turn (left arm on right shoulder, right arm on left wrist, make position small by contracting upper body)

REPEAT

