

Keep Me Satisfied

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Kim Liebsch (DK) - August 2018
音乐: Satisfied (feat. MAX) - Galantis
或: Mama Look at Me Now - Galantis

级数: Easy Intermediate



Intro: 4 counts after 1'st beat (appr. 2 seconds) Start with weight on L foot

Tag/Restart: On wall 4 after 28 counts, step fw. on R, make ¼ turn L stepping L to L side, Rock back on R, recover on L - start again *(6:00)

#1 section: ½ diamond box

1-2 Step R fw. diagonal, step L fw. diagonal 11:00
3-4 Make ¼ turn L stepping R to R side, hold with clap 7:00
5-6 Step L back diagonal, step R back diagonal 7:00
7-8 Make ¼ turn L stepping L to L side, hold with clap 5:00

#2 section: ½ diamond box

1-2 Step R fw. diagonal, step L fw. diagonal 5:00
3-4 Make ¼ turn L stepping R to R side, hold with clap 1:00
5-6 Step L back diagonal, step R back diagonal 1:00
7-8 Make 1/8 turn L, hold with clap 12:00

#3 section: 2 X sailor step, behind ¼ turn, shuffle fw.

1&2 Sweep/cross R behind L, step L to L side, step R to R side 12:00
3&4 Sweep/cross L behind R, step R to R side, step L to L side 12:00
5-6 Cross R behind L. make ¼ turn L stepping fw. on L 9:00
7&8 Step fw. on R, step L beside R, step fw. on R 9:00

#4 section: Step ½ turn, shuffle fw. step ½ turn, side hold with 2 claps

1-2 Step fw. on L, make ½ turn R stepping fw. on R 3:00
3&4 Step fw. on L, step R beside L, step fw. on L 3:00
5-6 Step fw. on R, make ½ turn L stepping fw. on L 9:00
7&8 Step R to R side, hold and clap twice 9:00

#5 section: Kick ball step, ¼ kick ball step, rock recover, shuffle back

1&2 Kick L fw. step L next to R, change weight to R make ¼ turn L while kicking L, step L 9:00
3&4 Make ¼ turn L while kicking L, step L next to R, change weight to R 6:00
5-6 Rock fw. on L, recover on R 6:00
7&8 Step back on L, step R beside L, step back on L 6:00

#6 section: Point ½ turn, shuffle fw. step ¼ turn, cross shuffle

1-2 Point R back, make ½ turn R putting weight on R 12:00
3&4 Step fw. on L, step R next to L, step fw. on L 12:00
5-6 Step fw. on R, make ¼ turn L stepping L to L side 9:00
7&8 Cross R over L, step L to L side, cross R over L 9:00

#7 section: 2 X ¼ turn, cross side behind, side rock, behind side cross

1-2 Make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side 3:00
3&4 Cross L over R, step R to R side, cross L behind R 3:00
5-6 Rock R to R side, recover on L 3:00
7&8 Cross R behind L, step L to L side, cross R over L 3:00

#8 section: Side rock, sailor ¼ turn, step ¼ turn X 2

1-2 Rock L to L side, recover on R 3:00

3&4 Sweep/cross L behind R, make ¼ turn L stepping R to R side, step L to L side 12:00

5-6 Step fw. on R, make ¼ turn L stepping L to L side 9:00

7-8 Step fw. on R, make ¼ turn L stepping L to L side 6:00

GOOD LUCK & N´JOY!

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