

Satisfy My Heart (P)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Improver Rumba - Couples
编舞者: Ozgur "Oscar" TAKAÇ (TUR) - December 2019
音乐: Satisfy My Soul - Paul Carrack



Position: Closed Position (Opposite footwork unless stated)

Intro: 2 counts (00:03) or count for next 32 counts (00:23)

MAN

SEC.1: CLOSE BASIC – side, hold, rock step forward, side, hold, rock step back

1-2-3-4 Step R side, hold, L forward, recover on R

5-6-7-8 Step L side, hold, R back, recover on L

SEC.2: LADIES UNDER ARM TURNS – side, hold, rock step across, side, hold, rock step back

1-2-3-4 Step R side, hold, L across R, recover on R

5-6-7-8 Step L side, hold, R back, recover on L

SEC.3: open basic & RUMBA SWIVELS – forward, hold, rock step forward, 1/4 turn and step side, hold, recover, recover

1-2-3-4 Step R forward, hold, step L forward, recover on R

5-6-7-8 1/4 turn L and step L side, hold, recover on R, recover on L

SEC 4: recover, hold, recover, recover, recover, hold, together, forward

1-2-3-4 Recover on R, hold, recover on L, recover on R

5-6-7-8 Recover on L, hold, step R together, step L forward

LADY

SEC.1: opposite footwork

1-8

SEC.2: LADIES UNDER ARM TURNS (left & right) –

1-2-3-4 Step L side, hold, step R across L, full turn left and recover on L

5-6-7-8 Step R side, hold, step L across R, full turn right and recover on R

SEC.3: open basic & RUMBA SWIVELS –

1-2-3-4 Step L back, hold, step R back, recover on L

5-6-7-8 Step R forward, hold, L across right, 1/4 swivel turn L on left and step R across

SEC.4: Swivel turn & across, hold, ...

1-2-3-4 1/8 swivel turn R on right and step L across, hold, 1/8 turn L on L and step R across, 1/8 turn R on R and step L across

5-6-7-8 1/8 swivel turn L on left and step R across, hold, 1/8 swivel turn R on right and step L across, step R back

REPEAT

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