

Satellite

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Lucy Strack (USA) & Betty Maddox (USA)
音乐: Satellite - Santana



CROSS ROCK RIGHT-LEFT, STEP FORWARD LEFT, ½ PIVOT TURN TO RIGHT, TRIPLE FORWARD LEFT-RIGHT-LEFT

1&2 Cross left foot over right, step down on right foot, step left foot next to right

3&4 Cross right foot over left, step down on left foot, step right foot next to left

Optional styling: place palms on hips and lean back when doing cross rocks

5-6 Step forward on left foot, make a ½ pivot turn to right

7&8 Triple forward left-right-left

SIDE ROCK CROSS RIGHT-LEFT, STEP FORWARD RIGHT-LEFT, STEP FORWARD RIGHT, STEP DOWN ON LEFT, SLIDE RIGHT FOOT INTO ¼ TURN RIGHT

1&2 Place left palm on torso, look right and extend right hand to right w/ palm facing right/step right foot to right, step down on left foot, step right foot forward; drop hands

3&4 Place right palm on torso, look left and extend left hand to left w/ palm facing left/step left foot to left, step down on right foot, step left foot forward, drop hands

5-6 Step forward right-left

7&8 Step forward on right foot, step down on left foot, slide right foot into a ¼ turn to right/look to left and down, put right forearm at chest level, slide arm across chest and drop arm

CROSS TRIPLE LEFT-RIGHT-LEFT TO RIGHT DIAGONAL, ¾ TURN TO LEFT, STEP FORWARD LEFT-RIGHT, STEP FORWARD LEFT, STEP DOWN RIGHT, STEP LEFT FOOT INTO A 1/3 TURN TO LEFT

1&2 Cross triple left-right-left towards right diagonal

3&4 Make a ¾ turn to left stepping right-left-right (facing diagonal behind right shoulder)

5-6 Step forward left-right

7&8 Step forward on left foot, step down on right foot, step left foot into a 1/3 turn to left (back to original wall)

TRIPLE FORWARD RIGHT-LEFT-RIGHT, CHASER TURN TO RIGHT, FULL TURN LEFT, *TRIPLE FORWARD RIGHT-LEFT-RIGHT

1&2 Triple forward right-left-right

3&4 Step forward on left foot, make a ½ pivot to right, step forward on left foot

5-6 Step right foot into a ½ turn to left, step left foot into another ½ turn to left

7&8 Triple forward right-left-right

To end dance, change 7&8 to

7-8 Step forward on right foot, make ½ pivot turn to left facing audience

SKATE LEFT-RIGHT-LEFT, BIG STEP RIGHT, DRAG LEFT TOES, STEP DOWN, CROSS TRIPLE RIGHT-LEFT-RIGHT

1-2 Skate left-right

3-4 Skate left, take big step to right

5-6 Drag left toes next to right foot, step down

7&8 Cross triple right-left-right (optional styling with shoulder shimmies)

POINT LEFT TOES TO LEFT, ½ SPIRAL TURN TO LEFT, TRIPLE FORWARD LEFT-RIGHT-LEFT, BIG STEP FORWARD RIGHT, DRAG LEFT TOES NEXT TO RIGHT FOOT, STEP DOWN LEFT-RIGHT

1-2 Point left toes to left, slide left toes towards right foot and make a ½ spiral turn to left

3&4 Triple forward left-right-left

5-6 Big step forward on right foot, drag left toes next to right

7-8

Step down on left foot/push hips to left, step down on right foot/push hips to right

REPEAT
