

Satisfied

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Zena Richards (UK)
音乐: I'll Be Satisfied - Shakin' Stevens



Sequence: A (8 times), BBB, TAG, B to the end

PART A

FORWARD ROCK, BACK ROCK, HIPS BUMPS, FORWARD ROCK, BACK ROCK, HIP BUMPS

1-2 Rock forward on right, rock back on left
3&4 Hold, bump hips right left right (listen to music)
5-6 Rock forward on left, rock back on right
7&8 Hold, bump hips right left right (listen to music)

BACK ROCK, FORWARD ROCK, HIP BUMPS, BACK ROCK, FORWARD ROCK, HIPS BUMPS

1-2 Rock back on right, rock forward on left
3&4 Hold, bump hips right left right (listen to music)
5-6 Rock back on left, rock forward on right
7&8 Hold, bumps hips right left right (alternatively you can do a body shimmy here)

PART B

RIGHT SIDE SHUFFLE, ROCK, VAUDEVILLE

1&2 Right side shuffle (right, left, right)
3-4 Rock back on left, rock forward on right
5-6 Step left to left side, step right behind left
&7&8 Step into place, touch the right heel forward, bring right into place and cross left over right

¾ TURN, ROCK, BACK SHUFFLE, TOUCH AND UNWIND

1-2 Step back on right turning ¼ to left, step forward on left doing a ½ to the left
3-4 Rock forward on right, rock back on left
5&6 Back on a right shuffle (right, left, right)
7-8 Touch left behind right, unwind ½ turn to left

TAG

TURNING STEP TOUCH, STEP TOUCH, PAUSE

1-2 Step right turning ¼ to the left, touch left beside right
3-4 Step left to left side, touch right beside left

Pause (break in music)

SYNCOATED HEEL SWITCHES

1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
3&4& Touch right behind left, step right beside left, touch left behind right, step left beside right
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
7&8& Touch right behind left, step right beside left, touch left behind right, step left beside right