

# Fulfilled

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: ShaBeDa  
音乐: Lola's Theme - The Shapeshifters



## ROCK BACK, RECOVER, SHUFFLE ½ TURN LEFT, ROCK BACK, RECOVER, SHUFFLE FORWARD LEFT

1-2      Rock back right, recover on left  
3&4      Making a ½ turn left, shuffle right- left- right  
5-6      Rock back left, recover on right  
7&8      Step left forward, step right beside left, step left forward

## WALK TO THE RIGHT, TOUCH, LUNGE LEFT, RECOVER, DRAG

1-2-3      Walking in a circle to the right, make a full turn right, stepping right-left-right  
4      Touch left beside right  
5-6      Step left to left side & lunge left  
7-8      Recover to standing position while dragging left foot towards right

## CROSS STEP BEHIND, POINT, ¾ MONTEREY TURN RIGHT, KNEE POPS, STEP

1-2      Cross step left behind right, point right to right side  
3-4      Make a ¾ turn right stepping right beside left, point left to left side  
5-6      Pop left knee out, pop left knee in  
7&8      Pop left knee out, pop left knee in, pop knee out taking weight

## DIAGONAL KICK, POINT, DIAGONAL HITCH, ¼ STEP, ½ TURN, ½ TURN, ½ TURN, ¼ STEP

1-2      Kick right foot diagonally across left, point right to right side  
3-4      Hitch right knee diagonally across left, step right ¼ turn right  
5-6      Make ½ turn right stepping back left, make ½ turn right stepping forward right  
7-8      Make ½ turn right stepping back left, make ¼ turn right stepping right to right side

**Option: replace the turns with: walk forward left- right- left, ¼ turn left stepping right to right side**

## TOUCH BEHIND, STEP, TOUCH BEHIND, ¼ STEP, TOUCH BEHIND, STEP, TOUCH BEHIND, ¼ STEP

1-2      Cross touch left behind right, step left to left side  
3-4      Cross touch right behind left, step right ¼ turn right  
5-6      Cross touch left behind right, step left to left side  
7-8      Cross touch right behind left, step right ¼ turn right

## TOUCH, TWIST TWIST, HITCHED RONDE, CROSS, ANTI TO THE RIGHT UNWIND, TO THE RIGHT UNWIND

1&2      Touch left toe forward, twist heels left, twist heels right  
3-4      Hitch left knee, take it out & around & cross step it well behind the right  
5-6      Unwind a full turn left  
7-8      Unwind a full turn right, (weight ends on left)

**Option: replace the unwinds with: step left to left side, cross touch right behind left, step right to right side, step left beside right**

## STEP, TOUCH, STEP, POINT, STEP, POINT, FLEXED KICK, CROSS STEP, ¼ LEFT, STEP

1-2      Step right to right side, touch left beside right  
&3&4      Step left beside right, point right to right side, step right beside left, point left to left  
&5-6      Step left beside right, kick right out to right side keeping foot flexed (toes pointing up), cross step right behind left  
7-8      Step left ¼ turn left, step forward right

**STEP FORWARD, ½ TURN RIGHT, ½ TURN RIGHT, HITCH, FORWARD, TOUCH, ¼ TURN LEFT, TOUCH**

1-2 Step forward left, pivot ½ turn right

3-4 Make ½ turn right stepping back on left, hitch right knee

5-6 Step back diagonally right with right, cross touch left over right

7-8 Make ¼ turn left, stepping left forward, cross touch right behind left

**REPEAT**

---