

That's Called Satisfied

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Helen Reeson (AUS) - December 2011
音乐: Satisfied - Jewel



Description: 2 wall (12.00 & 9.00)

[1- 8] FWD COASTER, BACK, COASTER, SWEEP FWD L, R, TCH

1&2,3 Fwd R, Step L beside R, Step back on R, Step back on L
4&5 Step R back, L beside, R fwd
6,7,8 Sweep/Step fwd L, Sweep/Step Fwd R, Touch L beside R **

[9-16] SIDE, TCH, TURN 1¼R (RLR) - STEP, ¼R, CROSS-SIDE-TCH

1,2 Big step to L side, Drag R to L & touch beside L #
3&4 Turn ¼R step R fwd, ½R step L back, ½R step R fwd ... 3.00
(Easier option for 3&4: Shuffle ¼ turn – ¼R step R fwd, L tog, R fwd)
5,6,7&8 Step L fwd, Paddle ¼R (wgt on R), L Cross, R Side, Tch L beside R... 6.00

[17-24] FWD COASTER, BACK, COASTER, SWEEP FWD R, L, TCH

1&2,3 Fwd L, Step R beside L, Step back on L, Step back on R
4&5 Step L back, R beside, L fwd *
6,7,8 Sweep R out & step fwd, Sweep L out & step fwd, Touch R beside L

[25-32] ROCK FWD / BACK, 1½R (RLR) - FWD, TCH, HIPS R, L

1,2 Rock fwd on R, Replace wgt back on L
3&4 Turn ½R step R fwd, ½R step L back, ½R step R fwd ... 12.00
(Easier option for 3&4: Shuffle ½ turn – ½R step R fwd, L tog, R fwd)
5,6,7,8 Step fwd on L, Touch R beside L, Step R to side and Sway Hips R, L

BEGIN AGAIN... and enjoy

TAGS: Walls 2 & 5

At ends of Wall 2 (12.00) & Wall 5 (9.00) add 2 counts ... SWAY HIPS R, L

TAGS and RESTARTS: Walls 3 & 6

Wall 3: Dance to count 21*(L Coaster), add 3 counts: STEP, TURN ¼R, TCH
... Step R fwd, Turn ¼R stepping L to side, Touch R beside L, then
RESTART new wall facing 9.00

Wall 6: Dance to count 8**(Fwd R, Touch L), add 4 counts: STEP, PADDLE, STEP, TCH
... Step L fwd, Paddle ¼R wgt on R, Step fwd L, Touch R beside, then
RESTART dance facing 12.00

FINISH: Dance to count 10 #, then R Side Shuffle, drag L to R facing 12.00
Easy alternative to the beautiful dance "Satisfied" by Linda Burgess. Let your heart dance.

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Last revision – March 10th 2012