

# Satisfaction

**COPPER** KNOB  
STEPSHEETS

拍數: 164      牆數: 0      級數: Phrased High Intermediate  
編舞者: Carlton Thompson (USA) - July 2017  
音樂: Satisfaction - Los 5



Sequence: A, B, Tag, A, B, C, B, D, D, D, D, D, D.

(Part A – Verse I & II)

## Section A1: 64 counts

- 1-2&      (Keeping chest facing 45 degrees to the left) Step R ft. heel forward, bring L ft. behind R ft., Step R ft. forward. (open arms from chest – outwards, and then drop arms to side)
- 3-4&      (Keeping chest facing 45 degrees to the right) Step L ft. heel forward, bring R ft. behind L ft., Step L ft. forward.
- 5-6&      Square up by placing R toe to right side, shrug L shoulder up, bring L shoulder down while bring R shoulder up.
- 7-8      Drop weight onto R ft. & R knee (and bend your R arm across your chest), hold.

## Section A2:

- &a      Make a  $\frac{1}{4}$  turn left (placing weight on L ft. and bring both arms up), and then arms down to side.
- 1-2      Step toe-heel forward with R ft., Step toe-heel forward with L ft.
- 3-4      Step toe-heel forward with R ft., Step toe-heel forward with L ft.
- 5-6&      Toe-touch R ft. forward, twist R heel forward, twist R heel back.
- 7-8      Step L ft. forward (optional hands out to side), hold.

## Section A3:

- &a      Drag R ft. next to L ft., make  $\frac{1}{2}$  turn right while dragging R ft. forward into a toe-touch).
- 1-2      Place weight onto R ft., Step L ft. behind R ft.
- 3-4      Step R ft. forward, Step L ft. behind R ft.
- 5-6&      Square up to (3:00) by placing weight onto R ft., Make  $\frac{1}{2}$  turn right leading with L ft., Make  $\frac{1}{4}$  turn right leading with R ft. to right side.
- 7-8      Point L ft. to left side, hold. (count 8&, optional head-up/down nod)

## Section A4:

- 1-2      Cross L ft. behind R ft., Point R ft. out to right side.
- 3-4      Cross R ft. behind L ft., Point L ft. out to left side.
- 5-6&      Step L ft. back, Rock R ft. back, Recover forward on L ft.
- 7-8      Toe Touch R ft. next to L ft., Hold (optional pop)

## Section A5:

- 1&2&      Step R ft. back, Step L ft. back, Make  $\frac{1}{2}$  turn right leading back with R ft., Make  $\frac{1}{2}$  turn right by pivoting on L ft.
- 3&4&      Step R ft. back, Step L ft. back, Make  $\frac{1}{2}$  turn right leading back with R ft., Making  $\frac{1}{2}$  turn right by pivoting on L ft.
- 5&6&      Step R ft. back, Step L ft. forward, Step R ft. forward, Step L ft. forward.
- 7&8&      Slide R ft. 45 degree diagonal forward to right side, Slide L ft. 45 degree diagonal forward to left side. Slide R ft. 45 degree diagonal forward to right, slowly drag L ft. next to R ft.

## Section A6:

- 1-4      Continue to drag L ft. next to R ft. (Weight is equally placed on both feet on count 4) (optional Head bob for four counts)
- 5&6&      Rock L ft. forward, Recover back on R ft., Rock back on L ft., Recover forward on R ft.
- 7&8      Rock L ft. forward, Recover back on R ft., Rock back on L ft.

**Section A7:**

- 1&2& Step R ft. back, Step L ft. back, Make ½ turn right leading back with R ft., Make ½ turn right by pivoting on L ft.
- 3&4& Step R ft. back, Step L ft. back, Make ½ turn right leading back with R ft., Making ½ turn right by pivoting on L ft.
- 5&6& Step R ft. back, Step L ft. forward, Step R ft. forward, Step L ft. forward.
- 7&8& Ski R ft. 45 degree diagonal forward to right side, Ski L ft. 45 degree diagonal forward to left side. Slide R ft. 45 degree diagonal forward to right, drag L ft. next to R ft.

**Section A8:**

- 1-4 Continue to drag L ft. next to R ft. (Weight is equally placed on both feet on count 4) (optional Head bob for four counts)
- 5-6 Step R ft. back, Step L ft. back (point hands like a gun)
- 7-8 Step R ft. back while lifting L leg out to left side (bring hands out to side) (use this leg lift to help with small jump to the left), Jump and land on L ft. to left side. And cross R ft. behind L ft.

**(Part B – Chorus I & II)****Section B1: 48 counts**

- 1-2 Hold pose, stand-up and lift and point R leg to right side.
- 3&4 Rock R ft. forward, Recover back on L ft., Step R ft. back.
- 5&6 Rock L ft. forward, Recover back on R ft., Step L ft. back.
- 7&8& Point R ft. to right side, Cross-Point R ft. over L ft. (Clap on 7,&, 8& - 4 total claps)

**Section B2:**

- 1-2 Make 1/8 Pivot turn to the right leading with R ft. (Hint: left foot is your weighted foot)., Make 1/8 pivot turn to the right leading with R ft. (3:00)
- 3-4 Toe touch L ft. next to R ft., Point L ft. to left side.
- 5&6& Step L heel forward, Bring L ft. back, Step R heel forward, Bring R ft. back.
- 7-8 Place weight on L heel forward and drag R ft. forward, Toe touch R ft. next to L ft.

**Section B3:**

- 1-2 Step R ft. to right side, Drag L ft. next to R ft.
- &3&4 Lean back bring brining R ft. back and placing L heel forward.
- 5&6& Toe touch R ft. to right side, Bring R ft. back to center, Toe touch L ft. to left side, Bring L ft. back to center.
- 7&8 Rock R ft. to right side, Recover on L ft., Cross R ft. over L ft.

**Section B4:**

- 1&2 Rock L ft. to left side, Recover on R ft., Cross L ft. over R ft.
- 3-4 Unwind 1 full turn right.
- 5-8 Walk full circle left starting with R ft. (Step R, L, R, L)

**Section B5:**

- 1-2 Rock R ft. forward, Recover back on L ft.
- 3&4 Step R ft. back, Step L ft. forward, Step R ft. forward.
- 5&6& Cross L ft. over R ft., Step R ft. to right side, L heel step to left side, Step L ft. back.
- 7&8& Cross R ft. over L ft., Step L ft. to left side, R heel step to right side, Step R ft. back.

**Section B6:**

- 1-2 Rock L ft. forward, Recover back on R ft.
- 3&4 Step L ft. back, Step R ft. forward, Step L ft. Forward.
- 5-8 Walk full circle left starting with R ft. (Step R, L, R, L)

**Tag Line:**

- 1-2 Simple soft. "Stomp Stomp" with R ft., then L ft.

3-4                      Shoulder shimmy, place weight on L ft.

**(Part C – Interlude)**

**Section C1: 32 counts**

1-2                      Rock R ft. forward, Recover back on L ft.  
3&4                      Make full turn right leading with R ft. (R, L, R)  
5-6&                      Step L ft. to left side, Rock R ft. behind L, Recover forward on R ft.  
7-8&                      Step R ft. to right side, Rock L ft. behind R, Recover forward on L ft.

**Section C2:**

1-2                      Make ¼ turn left leading with L ft., Step R ft. forward. (9:00)  
3-4                      Make ½ turn left leading with L ft., Make ¼ turn left leading with R ft. to right side. (12:00)  
5&6                      Cross L ft. behind R ft., Rock R ft. to right side, Step L ft. to left side.  
7&8                      Cross R ft. behind L ft., Step L ft. to left side, Cross R ft. front of L ft.

**Section C3:**

1-2                      Pivot 1 full turn right leading with L ft. (will need to lift right knee in the air), Step R ft. in front of L ft. (12:00)  
3&4                      Rock L ft. to left side, Recover R ft. to right side, Cross L ft. over R ft.  
5-6&                      Step R ft. to right side, Cross L ft. behind R ft., Step R ft. to right side.  
7-8&                      Cross L ft. over R ft., Recover back on R ft., Step L ft. to left side.

**Section C4:**

1-2                      Rock R ft. forward, Recover back on L ft.  
3-4                      Rock R ft. to right side, Recover back on L ft.  
5-6                      Step R ft. back, Step L ft. back (point hands like a gun)  
7-8                      Step R ft. back while lifting L leg out to left side (bring hands out to side) (use this leg lift to help with small jump to the left), Jump and land on L ft. to left side. And cross R ft. behind L ft.

**(Part D – Pieces from Section 4 – 6 of Part A)**

**Section D4: 20 counts**

5-8                      Walk full circle left starting with R ft. (Step R, L, R, L)

**Section D5:**

1-2                      Rock R ft. forward, Recover back on L ft.  
3&4                      Step R ft. back, Step L ft. forward, Step R ft. forward.  
5&6&                      Cross L ft. over R ft., Step R ft. to right side, L heel step to left side, Step L ft. back.  
7&8&                      Cross R ft. over L ft., Step L ft. to left side, R heel step to right side, Step R ft. back.

**Section D6:**

1-2                      Rock L ft. forward, Recover back on R ft.  
3&4                      Step L ft. back, Step R ft. forward, Step L ft. Forward.

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