

Satisfied

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Amy Glass (USA) - January 2019
音樂: Satisfied (feat. MAX) - Galantis : (iTunes)



#4 Count Intro. Restart wall 4 after 48 counts

[1-8] Walk x2, Side Rock, Cross, Back, ¼ R Side, Shuffle Fwd

1-2 Walk fwd R, L
&3 Rock RF to R, Recover weight to LF
4-5 Cross RF over LF, Step LF back
6 Step RF to R while turning ¼ R (3:00)
7&8 Shuffle Fwd LRL

[9-16] Rock Fwd, Recover, ¼ R, ¼ R, Back w/Sweeps x2, Rock Back Recover Fwd

1-2 Rock RF fwd prepping body to L diagonal, Recover weight on LF while opening body ¼ R (6:00)
3-4 Step RF fwd turning ¼ R, Step LF to L side while turning ¼ R (12:00)
5-6 Step RF back while sweeping LF front to back, Step LF back while sweeping RF front to back
7-8 Rock RF back, Recover fwd on LF

[17-24] Hip Bump Fwd, Hip Bump with ½ L, Rock Fwd, Recover, Out Out, R Knee Pop

1&2 Bump R hip fwd, Recover weight on L, Replace weight fwd on RF
3&4 Pivot ½ L (6:00) and bump L hip fwd, Recover weight back on R, Replace weight fwd on LF
5-6 Rock RF fwd, Recover weight back on LF
&7 Step RF out, Step LF out 8 Bend R knee popping it in toward the L knee

[25-32] L Knee Pop, R Flick with ¼ L, Shuffle Fwd, Rock, Recover, L Coaster

1-2 Bend L knee popping it in toward R knee, Turn ¼ L while stepping fwd L and flicking RF back (3:00)
3&4 Shuffle fwd RLR
5-6 Rock LF fwd, Recover weight on RF
7&8 Step back on LF, Close RF next to LF, Step LF fwd

[33-40] Heel Grind R & L, R Jazz Box with ¼ R

1-2& Press R heel into the floor, Fan toes from L to R, Close RF next to LF
3-4& Press L heel into the floor, Fan toes from R to L, Close LF next to RF
5-8 Cross RF over LF, Step LF back with ¼ R, Step RF to R, Cross LF over RF (6:00)

[41-48] Rock R Side, Recover, Behind Side Cross, Rock L Side, Recover, L Sailor ½ L

1-2 Rock RF to R side, Recover weight on LF
3&4 Step RF behind LF, Step LF to L, Cross RF over LF
5-6 Rock LF to L side, Recover weight on RF
7&8 Step LF behind RF turning ¼ L, Step RF to R side turning ¼ L, Step LF fwd (12:00)

****Restart here wall 4 (Facing 6:00)****

[49-56] Switches R/L/R, Close, Step Fwd L, Rock Fwd, Recover ¼ L with Cross, Step Side

1&2 Point R toe to R, Close RF next to LF, Point L toe to L
&3-4 Close LF next to RF, Point R toe to R, Close RF next to LF while gently popping L knee
5 Step LF fwd
6&7 Rock RF fwd, Recover ¼ L, Cross RF over LF (9:00)
8 Step LF to L keeping body angled slightly to R diagonal

[57-64] Prep L, Recover ¼ R, Rolling Full Turn R, Step Fwd, Knee Pops w/ ½ Turn R, Ball Step

- 1-2 Rotate upper body ¼ L looking toward 6:00 and pointing RF to R, Recover weight ¼ R (12:00)
- 3-4 Turn ½ R stepping LF back , Turn ½ R stepping RF fwd (12:00)
- 5-7 Step LF fwd, Bounce both heels while turning ½ R
- &8 Step on the ball of the RF next to LF, Step LF fwd

Contact: amyleeanne@gmail.com
