

# Satisfied

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Zena Richards (UK)  
音樂: 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