

Satisfy My Soul

拍數: 32 牆數: 4 級數: Improver
編舞者: Daisy Simons (BEL) - October 2008
音樂: Satisfy My Soul - Paul Carrack : (CD: Satisfy My Soul)



Start on the word "Soul"

Side Step, Rock Back, Recover, Chasse, Rock Back, Recover, ½ Turn Shuffle

1-3 Step right to side, rock left back, recover onto right
4&5 Step left to side, step right together, step left to side
6-7 Rock right back, recover onto left
8&1 Step right ¼ turn left, step left together, step right ¼ turn left back

Rock Back, Shuffle Forward, Step, Step Spiral Turn Right, Shuffle Forward

2-3 Rock left back, recover onto right
4&5 Step left forward, step right together, step left forward
6-7 Step right forward, step left forward and make a full turn right
8&1 Step right forward, step left together, step right forward

Rock Forward, Lock Step Back, Sweep Step, Sweep Step, Behind-Side-Cross

2-3 Rock left forward, recover onto right
4&5 Step left back, lock right cross over left, step left back
6-7 Sweep right backwards and step right back, sweep left backwards and step left back
8&1 Cross right behind left, step left to side, cross right over left

Sway ¼ Turn Right, Chasse Left, Cross, Unwind, Side Together

2-3 Step left to side and sway hips left, recover onto right and make ¼ turn right
4&5 Step left to side, step right together, step left to side
6-7 Cross right over left, unwind full turn left (weight on left)
8& Step right to side, step left together

Repeat
