

Satisfy My Love

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Novice - Motion: Cuban
編舞者: Roy Hadisubroto (IRE) - October 2013
音樂: Satisfy My Soul - Paul Carrack



[1-8] SIDE, ROCKSTEP, STEP, RONDE, CROSS, 1/4 TURN LEFT, STEP, STEP, KNEE SWITCHES

- 1 Step L to left side
- 2 Rock R backwards
- 3 Recover back on L
- 4 – 5 Step R to right side and ronde L over R
- 6 Cross L over R
- & Step R to right side and turn ¼ to the left on R
- 7 Step L backwards
- 8 Touch R next to L and push R knee forward
- & Transfer weight to R and push L knee forward

[9-16] HOLD, CROSS, STEP, SWEEP, ¼ TURN, SAILOR STEP, HIP ROLL, DRAG,

- 1 Hold
- 2 Cross L over R
- & Step R to right side
- 3 Cross L behind R and sweep R from front to back
- 4 Turn ¼ to the right and cross R behind L
- & Step L to left side
- 5 Step R to right side and push hip to right side
- 6 Push hips to left side
- 7 Push hips to right side
- 8 Drag L next to right

[17 – 24] TOUCH, MAMBO STEP, MAMBO TOUCH, PIVOT ½ TURN, STEP, TRAVELLING FULL TURN,

- 1 Touch L next to R
- 2 Mambo L to left side
- & Recover back on R
- 3 Step L next to R
- 4 Mambo R to right side
- & Recover back on L
- 5 Touch R next to L
- 6 Step R forward
- & Pivot ½ turn to the left
- 7 Step R forward
- 8 Step L forward
- & Turn ¼ to the left on L and step R next to L
- 1 Turn ¾ to the left on R and step L forward

[25 – 32] ROCKSTEP, ¼ TURN, STEP, HIP PUSH, ROCK STEP, SWAY 2x

- 2 Rock R over L
- 3 Recover back on L
- 4 Turn ¼ to the right and step R forward, keep weight on L
- 5 Push R hip towards R and transfer weight on R
- 6 Rock L forward
- 7 Recover back on R
- 8 Step L to left side and push hips to left side

& Push hips to right side

START AGAIN
