

Tävlingskoreografi till East Heart Competition
Tävlingsdatum 14 april 2018

Dans A

Satisfy My Love

Roy Hadisubroto

Beskrivning: 32 Count, 4 Wall, Rumba Linedance
Nivå: Novice
Musik: "Satisfy My Soul" - Paul Carrack (93 BPM)

SIDE, ROCKSTEP, STEP, RONDE, CROSS, 1/4 TURN LEFT, STEP, STEP, KNEE SWITCHES

- 1 Step L to left side.
- 2-3 Rock R backwards. 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 $\frac{1}{4}$ 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.

HOLD, CROSS, STEP, SWEEP, $\frac{1}{4}$ 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 $\frac{1}{4}$ 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.
- 6-8 Push hips to left side. Push hips to right side. Drag L next to right.

TOUCH, MAMBO STEP, MAMBO TOUCH, PIVOT $\frac{1}{2}$ TURN, STEP, LEFT SHUFFLE

- 1 Touch L next to R.
- 2&3 Mambo L to left side. Recover back on R. Step L next to R.
- 4&5 Mambo R to right side. Recover back on L. Touch R next to L.
- 6&7 Step R forward. Pivot $\frac{1}{2}$ turn to the left. Step R forward.
- 8&1 Step L forward. Step R next to L. Step L forward.

ROCKSTEP, $\frac{1}{4}$ TURN, STEP, HIP PUSH, ROCK STEP, SWAY L-R

- 2-3 Rock R over L. Recover back on L.
- 4 Turn $\frac{1}{4}$ to the right and step R forward, keep weight on L.
- 5 Push R hip towards R and transfer weight on R.
- 6-7 Rock L forward. Recover back on R.
- 8& Step L to left side and push hips to left side. Push hips to right side.