

Satisfy My Soul

Choreographer: Yvonne Anderson. Scotland.

Description: 32 count, 4 wall, High Beginner/Easy Intermediate, line dance

Music: Satisfy My Soul, by Paul Carrack, Album: Satisfy My Soul, BPM 96

Notes: Very short intro. 'Satisfy my' start on the word Soul (approx 2 secs into track).
This is a slow Latin feel track – use your arms and hips to express your soul.

1-8 HIP SWAYS, FORWARD SAILOR WITH 1/4 TURN L, CROSS SHUFFLE, ROCK, 1/4 TURN, FLICK

- 1-2 Step L to L and sway hips L, Sway hips R and recover weight on R
- 3&4 Step L across R, & Step R back making 1/4 L, Step L to L (9 o'clock)
- 5&6 Step R across L, & Step L to L, Step R across L
- 7&8 Step L to L and sway hips L, Sway hips R making 1/4 L, Flick L across R and snap fingers at shoulder height (6 o'clock)

9-16 L SHUFFLE, MAMBO 1/2 TURN L, FULL TURN, L SHUFFLE

- 1&2 Shuffle forward on L, R, L
- 3&4 Step R Forward, & Pivot 1/2 turn L (weight on L), Step R beside L (12 o'clock)
- 5-6 Make a full turn R stepping forward L, R (can be replaced with walk forward L, R)
- 7&8 Shuffle forward on L,R, L

17-24 KICK-CROSS-1/4 TURN TOUCH, STEP-KICK-& CROSS, CHASSE R, ROCK, RECOVER

- 1&2 Kick R forward & Making 1/4 R step R across L, Touch L toe back (3 o'clock)
- &3&4 Step down on L, & Kick R Forward, Step R to R, &Step L across R
- 5&6 Step R to R, & Step L beside R, Step R to R
- 7-8 Rock L forward, Recover weight on R

25-32 BACK-LOCK-BACK, ROCK, RECOVER, RONDE 1/2 TURN, ROCK & CROSS

- 1&2 Step L back, & Lock step R across L, Step L back
- 3-4 Rock R back and look over R shoulder, Recover weight on L
- 5-6 Making 1/2 turn L sweep R out and round, Touch R beside L (9 o'clock)
- 7&8 Rock R to R, & Recover weight on L, Step R across L

REPEAT