



SATISFY MY SOUL

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 Music: CD Satisfy My Soul By Paul Carrack Track # 1 available from Wal-Mart or contact
 choreographer

Sequence : A - B – A – C- A - B mod - End

PHASE IV Bolero

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses)

Timing: Standard Bolero SQQ except where noted

(rel. 1.0 5/28/09)

MEAS.

INTRO

1 SHAD POS DLW BOTH WITH LEFT FOOT FREE W 1 MEAS;

PART A

1 – 4 HIP RK TWICE;;SL RK L W CARESS & ROLL RF TO EXTENDED OP POS FC
 DRW; OP FENCE LINE;

1- 2 [hip rk twice] Shad pos fc DLW L ft free for both Rk sd L,-, R, L; Rk sd R, -, L, R;

3- 4 [w caress & roll out] Rk sd L (W caress M with R hd) ,-, sd & fwd R start RF roll to DRW, Cont
 RF roll sd L; [op fn In] Sd R,-, XLIF look DRW, rec R;

5-8 M RK 2 SLOWS W ROLL BK TO BFLY/WALL; HIP RK ; SL CHECK THRU LOD
 HOLD; HOLD REC TO FC W SYNCO ROLL LF TO) CP/WALL;

ss (SQQ)5 – 6 [m rk 2 w roll] Rk sd L, -, sd R, -(W sd L comm LF trn, -, sd R cont trn make 1 ½ trns to fc ptr,
 sd L) BFLY/WALL; [hip rk] Rk sd L,-, sd R, sd L;

s- 7 – 8 [sl chk thru hold] Trn LF fc LOD thru R,-, -, (W trn RF fc LOD thru L,-,-,-); [hold then rec to fc
 w roll] Hold,-, rec L trn to fc ptr/wall, sd R, (W hold, -, rec R trn/cont trn L, R/L to fc ptr/coh, sd
 L) to CP/WALL;

- QQ (-q&q&

9-12 BASIC;; UNDERARM TURN; REVERSE UNDERARM TURN JN RT HDS;

9 – 10 [basic] CP/Wall sd L,-, bk R, fwd L; Sd R,-, fwd L, bk R;

11 – 12 [underarm trn] Sd L,-, XRIB flex knee raise lead hds, fwd L (W sd R,-, XLIF flex knee trn ¾ RF under jnd
 lead hds, fwd R cont trn to fc ptr); [rev underarm trn] Fwd sd & R raise ld hds,-, fwd L flex knee lead W to
 trn LF under jnd hds, rec R (W trn LF sd & fwd L RLOD,-, fwd R flex knee trn LF under raised jnd hds, rec L
 cont trn to fc ptr);

13-16 PREP AIDA; LAYBACK; PROG WK; FC BK BRK;

13- 14 [prep aida] With R hds jnd sd L,-, thru R,-, sd & bk L trn RF (W trn LF); [layback] Bk R M's L arm
 beh W as arch bk lifting chest up heads bk,-, -, fc RLOD;

15-16 [prog wk] Fwd L bring jnd R arms over M's head,-, fwd R to RLOD, fwd L; [fc & bk brk] Sd R to
 fc ptr blend to OP, -, bk brk L, rec R BFLY/WALL;

PART B

1 – 4 SERPIENTE;; THRU/SWIVEL TO FENCE LINE; FENCE LINE;

1-2 [serpiente] Fwd LOD L,-, thru R trn RF, sd L; XRIB of L, fan L ft CCW allow R ft to swvl LF, bk L,
 trn RF sd R;

3-4 [swvl fence In] Thru RLOD L, fan R ft CCW allowing L ft to swvl LF, flex L knee fwd &
 across R LOD, bk L; [fence In] Sd R RLOD,-, thru L, rec R to fc ptr WALL;

- 5 – 8** **SERPIENTE;; SWIVEL TO FENCE LINE; SPOT TRN RLOD TO TANDEM W TRANS;**
5 - 6 Repeat Meas 1 & 2 Part B;;
7 – 8 Repeat Meas 3 Part B; **[spot trn W trans tandem]** Fwd R,-, release trail hds fwd L trn RF, fwd
(ss) R cont trn to fc WALL (W fwd L trn LF, - , sd R cont trn to tandem pos WALL) both have L ft free;

REPEAT A

PART C

- 1 – 4** **UNDERARM TURN; BK BRK TO ½ OP; SYNCO BOLERO WK; SWITCH & BK BRK;**
1 – 2 **[underarm trn]** Sd L,-, XRIB flex knee raise lead hds, fwd L (W sd R,-, XLIF flex knee trn ¼ RF under jnd lead hds, fwd R cont trn to fc ptr); **[bk brk ½ op]** Sd R, - , trn LF to ½ OP/LOD brk bk L, fwd R;
SQ&Q **3 - 4** **[synco wk]** Fwd L, - , fwd R/L, R; **[switch & bk brk]** Fwd L sharp RF trn (W trn LF) to fc RLOD,-, bk R, rec L;
5 – 8 **SYNCO BOLERO WK RLOD; SWITCH & BK BRK; BOLERO WK; SPOT TRN W TRANS TANDEM/WALL;**
5-6 **[synco wk]** Fwd R,-, fwd L/R, L; **[switch & bk brk]** Fwd R sharp LF trn (W trn RF) to fc LOD,-, Bk L, rec R;
(ss) **7-8** **[bol wk]** Fwd L,-, fwd R, fwd L; **[spot trn W trans tandem]** Fwd L,-, release trail hds fwd R trn LF, fwd cont trn to fc WALL (W fwd R trn RF, - , sd R cont trn to tandem pos WALL) both have L ft free;

REPEAT A

REPEAT B mod

- 1 – 4** **SERPIENTE;; THRU/SWIVEL TO FENCE LINE; FENCE LINE;**
1-4 Repeat Meas 1 – 4 Part B;;;;, trn RF sd R;
5 – 8 **SERPIENTE;; SWIVEL TO FENCE LINE; SPOT TURN TO FC WALL;**
5-6 Repeat Meas 5 & 6 Part B;;
7-8 Repeat Meas 7 Part B; **[spot trn]** Sd & fwd R RLOD,-, thru L flex knee trn RF (W trn LF), cont trn rec fwd R to fc Wall;

ENDING

- 1 – 4** **UNDERARM TURN; REVERSE UNDERARM TURN JN RT HDS; PREP AIDA; LAYBACK EXTEND;**
1-2 **[underarm trn]** Sd L,-, XRIB flex knee raise lead hds, fwd L (W sd R,-, XLIF flex knee trn ¼ RF under jnd lead hds, fwd R cont trn to fc ptr); **[rev underarm trn]** Fwd sd & R raise ld hds,-, fwd L flex knee lead W to trn LF under jnd hds, rec R (W trn LF sd & fwd L RLOD,-, fwd R flex knee trn LF under raised jnd hds, rec L cont trn to fc ptr) jn R hds;
3-4 **[prep aida]** With R hds jnd sd L,-, thru R, sd & bk L trn RF (W trn LF); **[layback]** Bk R M's L arm beh W as arch bk lifting chest up heads bk,-, -,- fc RLOD extend as music fades;