



# My Soul

**Choreographer: BS**

~Official GOLD competition dance 2023 - 2024~

Type of dance: 32 Count, 2 Walls, Motion: Wheelchair Rumba  
 Level: Experienced  
 Music: "Satisfy My Soul" by Paul Carrak  
 Intro: Start after 16 from first beat in the music (approx. 11 sec)  
 (Optional movements with arms, shoulders, head)  
 Restart: In the 1<sup>st</sup> wall after 16 counts

Counts	Movement descriptions	End facing
<b>1 – 8</b>	<b>FORWARD, SOFT 1/2 L</b>	
1 – 2	Roll forward facing the R diagonal	01:30
3 – 4	Roll forward	01:30
5 – 6	Start soft 1/2 L turn so you make a half circle	
7 – 8	Finish soft 1/2 L turn	06:00
<b>9 – 16</b>	<b>FORWARD, SOFT 1/2 R</b>	
1 – 2	Roll forward facing the L diagonal	04:30
3 – 4	Roll forward	04:30
5 – 6	Start soft 1/2 R turn so you make a half circle	
7 – 8	Finish soft 1/2 R turn	12:00
<b>Restart</b>	<b>Here in the 1<sup>st</sup> wall</b>	
<b>17 – 24</b>	<b>1/2 R, BACKWARDS</b>	
1 – 2	Start 1/2 R turn on the spot	
3 – 4	Finish 1/2 R turn on the spot	06:00
5 – 6	Backwards	06:00
7 – 8	Backwards	06:00
<b>25 – 32</b>	<b>OPTIONAL MOVEMENT ON THE SPOT</b>	
1 – 8	Do what you can with arms, shoulders, head, or move your wheelchair on the spot	06:00