

# FULFILLED

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** ShaBeDa

**Music:** Lola's Theme by The Shapeshifters

## ROCK BACK, RECOVER, SHUFFLE ½ TURN LEFT, ROCK BACK, RECOVER, SHUFFLE FORWARD LEFT

- 1-2 Rock back right, recover on left
- 3&4 Making a ½ turn left, shuffle right- left- right
- 5-6 Rock back left, recover on right
- 7&8 Step left forward, step right beside left, step left forward

## WALK TO THE RIGHT, TOUCH, LUNGE LEFT, RECOVER, DRAG

- 1-2-3 Walking in a circle to the right, make a full turn right, stepping right-left-right
- 4 Touch left beside right
- 5-6 Step left to left side & lunge left
- 7-8 Recover to standing position while dragging left foot towards right

## CROSS STEP BEHIND, POINT, ¾ MONTEREY TURN RIGHT, KNEE POPS, STEP

- 1-2 Cross step left behind right, point right to right side
- 3-4 Make a ¾ turn right stepping right beside left, point left to left side
- 5-6 Pop left knee out, pop left knee in
- 7&8 Pop left knee out, pop left knee in, pop knee out taking weight

## DIAGONAL KICK, POINT, DIAGONAL HITCH, ¼ STEP, ½ TURN, ½ TURN, ½ TURN, ¼ STEP

- 1-2 Kick right foot diagonally across left, point right to right side
- 3-4 Hitch right knee diagonally across left, step right ¼ turn right
- 5-6 Make ½ turn right stepping back left, make ½ turn right stepping forward right
- 7-8 Make ½ turn right stepping back left, make ¼ turn right stepping right to right side

**Option: replace the turns with: walk forward left- right- left, ¼ turn left stepping right to right side**

**TOUCH BEHIND, STEP, TOUCH BEHIND, ¼ STEP, TOUCH BEHIND, STEP, TOUCH BEHIND, ¼ STEP**

- 1-2** Cross touch left behind right, step left to left side
- 3-4** Cross touch right behind left, step right ¼ turn right
- 5-6** Cross touch left behind right, step left to left side
- 7-8** Cross touch right behind left, step right ¼ turn right

**TOUCH, TWIST TWIST, HITCHED RONDÉ, CROSS, ANTI TO THE RIGHT UNWIND, TO THE RIGHT UNWIND**

- 1&2** Touch left toe forward, twist heels left, twist heels right
- 3-4** Hitch left knee, take it out & around & cross step it well behind the right
- 5-6** Unwind a full turn left
- 7-8** Unwind a full turn right, (weight ends on left)

**Option: replace the unwinds with: step left to left side, cross touch right behind left, step right to right side, step left beside right**

**STEP, TOUCH, STEP, POINT, STEP, POINT, FLEXED KICK, CROSS STEP, ¼ LEFT, STEP**

- 1-2** Step right to right side, touch left beside right
- &3&4** Step left beside right, point right to right side, step right beside left, point left to left
- &5-6** Step left beside right, kick right out to right side keeping foot flexed (toes pointing up), cross step right behind left
- 7-8** Step left ¼ turn left, step forward right

**STEP FORWARD, ½ TURN RIGHT, ½ TURN RIGHT, HITCH, FORWARD, TOUCH, ¼ TURN LEFT, TOUCH**

- 1-2** Step forward left, pivot ½ turn right
- 3-4** Make ½ turn right stepping back on left, hitch right knee
- 5-6** Step back diagonally right with right, cross touch left over right
- 7-8** Make ¼ turn left, stepping left forward, cross touch right behind left

**REPEAT**