

# Cape Cod Swing

Count: 48

Wand: 4

Ebene:

Choreograf/in: Tami Harris

Musik: Man! I Feel Like a Woman! - Shania Twain



## SHUFFLE-SHUFFLE-ROCK STEP-SHUFFLE

- 1&2 Shuffle forward (right, left, right)
- 3&4 Shuffle back (left, right, left)
- 5-6 Rock back onto right foot, step onto left foot
- 7&8 Shuffle forward (right, left, right)

## TURNING SHUFFLE-ROCK STEP-STOMP-HOLD

- 1&2 Shuffle forward turning  $\frac{1}{2}$  to right (left, right, left)
- 3-4 Step back onto right foot, step onto left foot
- 5-8 Stomp right foot forward, hold, stomp left foot forward, hold

## KICK BALL CHANGE-CROSS TURN TOUCH-STEP TOUCHES

- 1&2 Kick right foot front, rock back onto right foot, step onto left foot
- 3-4 Step right foot behind left foot, turn  $\frac{1}{2}$  to right to touch left toe side
- 5-6 Step left foot front of right foot, touch right toe side
- 7-8 Step right foot behind left foot, touch left toe side

## SHUFFLE-ROCK STEP-STOMP-HOLD-KICK BALL CHANGE

- 1&2 Shuffle to left side (left, right, left)
- 3-4 Rock back onto right foot, step onto left foot
- 5-6 Step to right side onto right foot, hold
- 7&8 Kick left foot front, rock back onto left foot, step onto right foot

## KICK BALL CHANGE -COASTER STEP-WALK FORWARD

- 1&2 Kick left foot front, rock back onto left foot, step onto right foot
- 3&4 Coaster step (left back, right together, left forward)
- 5-8 Walk forward (right, left, right, left)

## HEEL TOUCHES- $\frac{1}{4}$ TURN-HEEL TOUCHES

- 1-2 Touch right heel front, step right foot home
- 3-4 Touch left heel front, step left foot home
- 5-6 Turn  $\frac{1}{4}$  to left to touch right heel front, step right foot home
- 7-8 Touch left heel front, step left foot home

**REPEAT**

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