

Capital "S"

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Robert DeLong (USA)

Musique: Soul With a Capital "S" - Tower Of Power



ROCK, RECOVER, COASTER STEP, JUMP FORWARD, HIP SWAYS

- 1-2 Rock forward on right foot, recover on left foot
3&4 Step right foot back, step left foot back next to right foot, step right foot forward
&5 Small jump forward on to left foot step right foot forward next to left foot

Feet slightly apart

- 6-7-8 Sway hips right, left, right

JUMP FORWARD, HIP SWAYS, COASTER STEP, ¼ TURN LEFT

- &1 Small jump forward on to left foot step right foot forward next to left foot

Feet slightly apart

- 2-3-4 Sway hips right, left, right
5&6 Step left foot back, step right foot back next to right foot, step left foot forward
7-8 Step right foot forward, turn ¼ left pivoting on balls of feet

CROSSING TRIPLE STEP, POINT, HOLD, HOLD, TAP LEFT HEEL 2X, LEFT SAILOR SHUFFLE

- 1&2 Cross right foot over left foot shuffle right-left-right
& Point left foot to left side
3-4 Hold, hold
5-6 Tap left heel in place 2x
7&8 Cross left foot behind right foot, step right foot to right side, step left foot in place

RIGHT SAILOR SHUFFLE, SHUFFLE FORWARD, ¼ TURN LEFT, RIGHT KICK-BALL-CHANGE

- 1&2 Cross right foot behind left foot, step left foot to left side, step right foot in place
3&4 Shuffle forward left-right-left
5-6 Step right foot forward, turn ¼ left pivoting on balls of feet
7&8 Kick right foot forward, step down on ball of right foot, step on left foot next to right foot

REPEAT
