

Cape Cod Swing

拍数: 48 墙数: 4 级数:
编舞者: Tami Harris
音乐: 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
