

# Capital "S"

拍数: 32      墙数: 2      级数: Improver  
编舞者: Robert DeLong (USA)  
音乐: 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

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