

# First Coast Swing

拍數: 48      牆數: 2      級數:  
編舞者: Debi Dillow (USA)  
音樂: Man! I Feel Like a Woman! - Shania Twain



## ½ PIVOTS INTO FORWARD SHUFFLES

- 1 Step forward on right
- 2 Pivot ½ turn left, changing weight to left
- 3&4 Shuffle forward right-left-right
- 5 Step forward on left
- 6 Pivot ½ turn right, changing weight to right
- 7&8 Shuffle forward left-right-left

## CROSSOVERS INTO HEEL GRINDS

- 9 Traveling side left, cross step on right heel over left (toe pointing toward 10:30)
- 10 Stepping left to left side, grind (swivel, move) right heel right (toe turning toward 1:30)
- 11-16 Repeat counts 9-10 three more times

## JAZZ SQUARE INTO ¼ TURN, HEEL JACKS

- 17 Cross step right over left
- 18 Stepping back on left, make ¼ turn left
- 19 Step right to right side
- 20 Step left beside right
- 21 Touch (tap) right heel forward
- &22 Stepping back on right to center, touch (tap) left heel forward
- &23 Stepping back on left to center, step forward on right
- 24 Reach forward, pulling arms in to waist, touch left toe beside right

## ZIG ZAG BACK WITH CLAPS

- 25 Step back on left 45 degrees left
- 26 Touch right toe beside left & clap
- 27 Step back on right 45 degrees right
- 28 Touch left toe beside right & clap
- 29-32 Repeat counts 25-28

## 1-¼ TURN, HIP SWAYS

- 33 Step left to left side, making ¼ turn left
- 34 On ball of left, make ½ turn left stepping back on right
- 35&36 Making ½ turn left, shuffle (triple) left-right-left
- 37-40 Shifting weight, sway hips right-left-right-left (weight ending on left)

## KICK BALL CHANGE

- 41 Kick right forward
- & Stepping back on right, slightly lift left
- 42 Step on left

## LADY'S SUGAR PUSH BASIC

- 43 Step forward on right
- 44 Step forward on left
- 45 Touch (tap) right toe beside left
- 46 Step back on right

47 Keeping right in place, step back on left  
& Keeping left in place, rock forward onto right  
48 Rock back onto left

**REPEAT**

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