

# Cape Cod Swing

拍數: 48      牆數: 4      級數:  
編舞者: Tami Harris  
音樂: 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

---