

CAPITAL "S"

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Count: 32 **Wall:** 2 **Level:** beginner/intermediate

Choreographer: Robert DeLong

Music: Soul With A Capital 'S' by 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=61127