

## Capital "S"

32 count, 2 wall, beginner/intermediate level  
Choreographer: Bob DeLong (USA) June 2002  
Choreographed to: Soul With A Capital S by  
Tower Of Power

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### **1-8 ROCK, RECOVER, COASTER STEP, JUMP FORWARD, HIP SWAYS**

1,2 ROCK FORWARD ON RF, RECOVER ON LEFT FOOT  
3&4 STEP RF BACK, STEP LF BACK NEXT TO RF, STEP RF FORWARD  
&5 SMALL JUMP FORWARD ON TO LF STEP RF FORWARD NEXT TO LF  
FEET SLIGHTLY APART  
6,7,8 SWAY HIPS RIGHT, LEFT, RIGHT

### **9-16 JUMP FORWARD, HIP SWAYS, COASTER STEP, 1/4 TURN LEFT**

&1 SMALL JUMP FORWARD ON TO LF STEP RF FORWARD NEXT TO LF  
FEET SLIGHTLY APART  
2,3,4 SWAY HIPS RIGHT, LEFT, RIGHT  
5&6 STEP LF BACK, STEP RF BACK NEXT TO RF, STEP LF FORWARD  
7,8 STEP RF FORWARD, TURN ¼ LEFT PIVOTING ON BALLS OF FEET

### **17-24 CROSSING TRIPLE STEP, POINT, HOLD, HOLD, TAP LEFT HEEL 2X, LEFT SAILOR SHUFFLE**

1&2 CROSS RF OVER LEFT FOOT SHUFFLE R-L-R  
& POINT LF TO LEFT SIDE  
3,4 HOLD, HOLD  
5,6 TAP LEFT HEEL IN PLACE 2X  
7&8 CROSS LF BEHIND RF, STEP RF TO RIGHT SIDE, STEP LF IN PLACE

### **25-32 RIGHT SAILOR SHUFFLE, SHUFFLE FORWARD, ¼ TURN LEFT, RIGHT KICK-BALL-CHANGE**

1&2 CROSS RF BEHIND LF, STEP LF TO LEFT SIDE, STEP RF IN PLACE  
3&4 SHUFFLE FORWARD L-R-L  
5,6 STEP RF FORWARD, TURN ¼ LEFT PIVOTING ON BALLS OF FEET  
7&8 KICK RF FORWARD, STEP DOWN ON BALL OF RF, STEP ON LF NEXT TO RF

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