

The Captain

Choreographer: Joshua Talbot

Count: 32

Wall: 2

Level: Improver

Intro: 32 counts, start on Lyrics

Music: Wellerman (Sea Shanty / 220 KID x Billen Ted Remix) - Nathan Evans, 220 KID & Billen Ted

Section 1: SIDE, TOGETHER, SHUFFLE FWD, ROCK FWD, RECOVER, ¼ SIDE SHUFFLE

1, 2	Step R to R, step L together
3&4	Step R fwd, step L together, step R fwd
5, 6	Rock L fwd, recover weight R
7&8	¼ L step L to L, step R together, step L to L - (9.00)

Section 2: CROSS, SIDE, SAILOR, CROSS ¼ BACK, ½ SHUFFLE FWD

1, 2	Cross R over L, step L to L
3&4	Step R behind L, step L to L, step R to R
5, 6	Step L over R, ¼ L step R back
7&8	½ L step L fwd, step R together, step L fwd - (12.00)

Section 3: HEEL JACK, HOLD, TOUCH, TOUCH, SIDE ROCK, RECOVER, CROSS SHUFFLE

&1, 2	Jump R back, touch L heel fwd, HOLD
&3&4	Step L together, touch R next to L, step R together, touch L next to R
&5, 6	Step L together, rock R to R side, recover weight L
7&8	Cross R over L, step L to L, cross R over L

Section 4: ¼, ¼, SHUFFLE FWD, STEP LOCKS FWD, STEP

1, 2	¼ R step L back, ¼ R step R fwd (6.00)
3&4	Step L fwd, step R together, step L fwd
5&6	Step R to R diagonal, lock L behind R, step R to R diagonal
&7	Step L to L diagonal, lock R behind L
8	Stomp L fwd (Make sure you pause between counts 7 - 8 to get a nice big stomp)

Repeat

Finish: Dance to the last count of wall 6 finishing with a nice big stomp-Hands Out

