

# The Captain



[www.country-stafke.be](http://www.country-stafke.be)

**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**

