

# The Captain

**Count:** 32 - **Wall:** 2 - **Level:** Improver

**Choreographer:** Joshua Talbot (AUS) - February 2021

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

**Intro:** 32 counts after the start of the lyrics

## SIDE, TOGETHER, SHUFFLE FWD, ROCK FWD, RECOVER, $\frac{1}{4}$ 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  $\frac{1}{4}$  L step L to L, step R together, step L to L - (9.00)

## CROSS, SIDE, SAILOR, CROSS $\frac{1}{4}$ BACK, $\frac{1}{2}$ 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,  $\frac{1}{4}$  L step R back

7&8  $\frac{1}{2}$  L step L fwd, step R together, step L fwd - (12.00)

## 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

## $\frac{1}{4}$ , $\frac{1}{4}$ , SHUFFLE FWD, STEP LOCKS FWD, STEP

1, 2  $\frac{1}{4}$  R step L back,  $\frac{1}{4}$  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)

**Restarts:** No Restarts/Tags

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