

# THE CAPTAIN

Count: 32. Wall: 2. Level: Improver

Choreographer: Joshua Talbot (AUS) - February 2021

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

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**INTRO: 32 count after the start of the lyrics. Weight on L. No Restarts or Tags**

## **SIDE, TOGETHER, SHUFFLE, ROCK FORWARD, RECOVER, 1/4 LEFT CHASSE LEFT**

- 1,2 Step R to right Step L beside R
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6 Rock L forward, Recover onto R
- 7&8 Turn ¼ left step L to left, Step R beside L, Step L to left **[9:00]**

## **CROSS, SIDE, SAILOR, CROSS, 1/4 LEFT, 1/2 LEFT SHUFFLE**

- 1,2 Cross R over L, Step L to left
- 3&4 Step R behind L, Step L to left, Step R to right
- 5,6 Cross L over R, Turn ¼ left step R back
- 7&8 Turn ½ left step L forward, Step R beside L, Step L forward **[12.00]**

## **-&-HEEL, HOLD-&-TOUCH-&-TOUCH-&-ROCK RIGHT, RECOVER, CROSS SHUFFLE**

- &1,2 Jump R back, Touch L heel forward, Hold
- &3&4 Step L beside R, Touch R beside L, Step R beside L, Touch L beside R
- &5,6 Step L beside R, Rock R to right, Recover onto L
- 7&8 Cross R over L, Step L to left, Cross R over L

## **1/4 RIGHT, 1/4 RIGHT, SHUFFLE, STEP-LOCK-STEP-STEP-LOCK, STOMP**

- 1,2 Turn ¼ right step L back, Turn ¼ right step R forward (6.00)
- 3&4 Step L forward, Step R beside R, Step L forward
- 5&6 Step R forward 45° right, Lock L behind R, Step R forward 45° right
- &7 Step L forward 45° left, Lock R behind L
- 8 Stomp L forward **(Make sure you pause between counts 7,8 to get a nice big stomp)**

**32 REPEAT**

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