

# The Captain



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

**Count ´ s:** 32, Wall: 2

**Music/Interpret:** 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, 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)

## **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)

## **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

## **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)