

# The Captain

**Choreographer:** Joshua Talbot  
**Music:** Wellerman (220KID X BILLEN TED REMIX – Nathan Evans)  
**Level:** Improver: 2 Wall  
**Counts:** 32 Counts   **Extras:** No Tags/Restarts  
**Intro:** 32 counts after the start of the lyrics

## 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)

32

**Restarts:**   No Restarts/Tags

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

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