

# Hey Captain (P)

COPPER KNOB  
STEPSHEETS

Count: 48

Wall: 0

Level: Improver Mixer or Stationary  
Partner



Choreographer: Don Pascual (FR) - May 2016

Music: Lord of the Dance - Captain Tractor

Start on vocals

Mixer version

Starting position: Inner circle (Men) facing Outside Line Of Dance and outer circle (women) facing Inside Line Of Dance, man's right shoulder facing lady's one.

Man's footwork and Lady's footwork are the same.

Style: Unless indicated, keep your hands at your waist during the whole dance

**Section 1: Heel switches R, L, R, hold + clap x2, R hook, R gallop fwd making a R ½ T, stomp L beside R**

1&2&3&4 Tap R heel fwd, R beside L, tap L heel fwd, L beside R, tap R heel fwd, clap x2

&5&6&7 Hook R over L shin, step R fwd, L beside R, step R fwd, L beside R, step R fwd

8 Stomp L beside R

**Nota:** On counts &5&6&7-8, partners join their right palms at shoulder's height and switch sides making a half turn right

**Section 2: Repeat section 1**

Section 2 is identical to section 1.

**Nota:** At the end of section 2 the dancers return to the starting position

**Section 3: R heel-hook, R side shuffle, L heel-hook-heel-hook, L side shuffle making a L ¼ T**

1-2 Tap R heel (R diagonal), hook R over L shin

3&4 Step R to the R, L beside R, step R to the R

5-6 Tap L heel (L diagonal), hook L over R shin

7&8 Step L to the L, R beside L, L ¼ T & step L forward

**Section 4: R side shuffle, L ¼ T & L side shuffle, L ¼ T & R side shuffle, L ¼ T & L side shuffle**

1&2 Step R to the R, L beside R, step R to the R

&3&4 L ¼ T hitching L, step L to the L, R beside L, step L to the L

&5&6 L ¼ T hitching R, step R to the R, L beside R, step R to the R

&7&8 L ¼ T hitching L, step L to the L, R beside L, step L to the L

**Section 5: Step R fwd, L ½ T, stomps R, L, R fwd, stomp up L fwd, kick L, L back coaster step,**

1-2 Step R forward, L ½ T

3&4 Stomps R, L, R forward

5-6 Stomp up L forward, kick L forward

7&8 L back step (on ball), R beside L (on ball), step L forward

**Section 6: Stomp up R fwd, kick R, shuffle R ½ T, large step L to the L, drag R beside L, clap x3**

1-2 Stomp up R forward, kick R forward

3&4 R ¼ T & step R to the R, L beside R, R ¼ T & step R forward

5-6 Large step L to the L, drag R beside L

7&8 Clap x3 in your new partner's hands (turn your body in R diagonal)

**Nota:** Pick up a new partner on counts 5-6

Stationary version keeping the same partner:

**Section 6, replace counts 5-6 with:**

**Stomp L in place, stomp up R beside L**

**Have fun with this dance...**

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