

# Captain Of My Heart

**COPPER** **NOB**  
BY STEPHEN T. C.

Count: 32

Wall: 2

Level: Improver

Choreographer: Wenarika Josephine (INA) - June 2021

Music: Sail Over Seven Seas - Gina T.



**Intro 32 counts - 2 TAGS , 1 RESTART**

**Sect 1: SIDE ROCK , CROSS SHUFFLE, CROSS HITCH, CROSS, SIDE, BEHIND SIDE CROSS**

1 - 2            Rock R to side - recover on L  
3&4&         Cross R over L - L to side - cross R over L - hitch L across R  
5 - 6            Cross L over R - R to side  
7 & 8          L behind R - R to side - cross L over R

**Sect 2: SIDE ROCK, CROSS SHUFFLE, ½ TURN LEFT CROSS SHUFFLE, SIDE ROCK**

1 - 2            Rock R to side - recover on L  
3&4&         Cross R over L - L to side - cross R over L - turn ½ left  
5 & 6          Cross L over R - R to side - cross L over R ..... (6.00)  
7 - 8            Rock R to side - recover on L

**Sect 3: BOTA FOGO, PIVOT ½ LEFT, FORWARD LOCK SHUFFLE**

1 & 2            Cross R over L - rock L to side - recover on R  
3 & 4            Cross L over R - rock R to side - recover on L  
5 - 6            Rock R forward - turn ½ left recover on L ..... (12.00)  
7 & 8            Step R forward - lock L behind R - step R forward

**Sect 4: MODIFIED JAZZ BOX ¼ TURN RIGHT (X2), TOUCH**

1 - 2&          Step L forward - cross R over L - turn ¼ right step L back .....(3.00)  
3 - 4            Step R to side - L forward  
5 - 6&          Cross R over L - turn ¼ right step L back - step R to side .....(6.00)  
7 - 8            Step L forward - touch R beside L

**\*TAG : after wall 3 (12.00) , wall 7 (6.00)**

1 - 4            Sway right - left - right - left

**\*RESTART : on wall 5 after 16 counts (6.00)**

Contact email : [wenarikajosephine@gmail.com](mailto:wenarikajosephine@gmail.com)