

# The Captain

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 2      级数: Improver  
编舞者: Joshua Talbot (AUS) - February 2021  
音乐: Wellerman (Sea Shanty / 220 KID x Billen Ted Remix) - Nathan Evans, 220 KID & Billen Ted



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)

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Restarts: No Restarts/Tags

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

Joshua Talbot: +61 407 533 616 [jbotalbot@iinet.net.au](mailto:jbotalbot@iinet.net.au) [www.jbotalbot.com](http://www.jbotalbot.com)

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