

# Captain

拍数: 32      墙数: 4      级数: Improver / Intermediate  
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音乐: Captain - Hunter Brothers : (CD: Been A Minute)



## #16 counts intro

### S1 : TRIPLE STEP DIAGONALLY R / L, CROSS 1/8 R, BACK 1/8 R, TRIPLE STEP ¼ R

1&2      Step Rf diagonally forward right - step Lf beside Rf - step Rf diagonally forward right  
3&4      Step Lf diagonally forward left - step Rf beside Lf - step Lf diagonally forward left  
5-6      Cross Rf over Lf turning 1/8 right (1:30) - turn 1/8 right stepping Lf back (3:00)  
7&8      Turn 1/4 right stepping Rf forward - step Lf beside Rf - step Rf forward (6:00)

### S2 : L FWD ROCK, TRIPLE FULL TURN L, KICK & POINT & POINT & HEEL TOUCH

1-2      Rock Lf forward - recover onto Rf  
3&4      Turn 1/2 left stepping Lf forward - close Rf next to LF - turn 1/2 left stepping Lf forward (6:00)

#### Easy option counts 3&4 : left coaster step

5&      Kick Rf forward - step Rf next to Lf  
6&      Point left toes to left side - step Lf next to Rf  
7&      Point right toes to right side - close Rf next to Lf  
8      Touch left heel forward \* restart here wall 5, see below \*

### S3 : L TRIPLE STEP BWD, BACK KICK BALL STEP, CROSS, SIDE, HEEL, BALL, CROSS, BALL, CROSS

1&2      Step Lf back - step Rf beside Lf - step Lf back  
3&4      Kick Rf backward - step ball of Rf beside Lf - step Lf forward  
Easy option counts 3&4 : Rock back on Rf, recover on Lf (change counts 3&4 by 3-4)  
5&6      Cross Rf over Lf - step Lf to left side - touch right heel diagonally right  
&7&8      Step ball of Rf beside Lf - cross Lf over Rf - step ball of Rf slightly to right - cross Lf over Rf

### S4 : R SIDE, TOUCH L, L SIDE, R SAILOR, L SAILOR ¼ L, WALK, WALK

1&2      Step Rf to right side - touch Lf beside Rf - step Lf to left side  
3&4      Step ball of Rf behind Lf - step ball of Lf to side - step Rf to side  
5&6      Step ball of Lf behind Rf - turn 1/4 left stepping ball of Rf beside Lf - step Lf forward (3:00)  
7-8      Step Rf forward - step Lf forward

Restart : wall 5 dance 16 counts, then add :

&      Close Lf beside Rf

And restart from the beginning facing 6:00

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)  
Fiche originale de la chorégraphie. Merci de ne pas modifier ces pas de quelque manière que ce soit.