

Hey Captain (P)

COPPER KNOB
STEP SHEETS

拍數: 48

牆數: 0

級數: Improver Mixer or Stationary
Partner



編舞者: Don Pascual (FR) - May 2016

音樂: 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...
