

# Captain Of My Heart

COPPERKNOB  
STEPPERS

拍數: 32                      牆數: 2                      級數: Improver  
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音樂: 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)

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