

Captain of the Shadow EZ

COPPERKNOB
STEP SHEETS

拍數: 56 牆數: 2 級數: Phrased High Improver
編舞者: Stephen Wike (USA) - March 2025
音樂: Tale of the Shadow - Sail North



Intro: 36 counts

Phrasing: A* B** AA* B** A B** PHRASED-TAG B***

*: Do the last 8 counts of A again.

Part A (32 counts)

[1 - 8] Left Fwd, Side, Heel Dig (x2), Ball-Cross Point, Cross Point

- 1 - 2 (1) Step forward on L (2) Step R to right side
3 - 4 (3) Touch L heel to left side (4) Touch L heel to left side
&5 (&) Step L next to R (5) Turn $\frac{1}{8}$ left. Cross R over L 10:30
6 - 7 (6) Point L to left side (7) Cross L over R
8 (8) Point R to right side

[9 - 16] $\frac{1}{2}$ Jazz Box, Rock-Recover Ball (x2)

- 1- 2 (1) Cross R over L (2) Turn $\frac{1}{4}$ right. Step L back 1:30
3 - 4 (3) Turn $\frac{1}{4}$ right. Step R next to L 4:30 (4) Step L forward
5 - 6& (5) Rock R forward (6) Recover onto L (&) Step R next to L
7 - 8& (7) Rock L forward (8) Recover onto R (&) Step L next to R

Styling: On count 5 rotate body $\frac{1}{4}$ left and return on 6. On count 7 rotate body $\frac{1}{4}$ right and return on 8

[17 - 24] Stomp, $\frac{3}{8}$ Jazz Triangle, $\frac{1}{4}$ Step, $\frac{1}{2}$ Pivot, $\frac{1}{4}$ Step, Touch

- 1 - 2 (1) Stomp R forward (2) Turn $\frac{1}{8}$ left. Cross L over R 3:00
3 - 4 (3) Turn $\frac{1}{4}$ left. Step R back 12:00 (4) Step L to left side

Styling: (counts 1-4) Grab a drumstick with each hand and bang an imaginary snare drum with each step. R drums with R step, L drums with L step.

- 5 - 6 (5) Turn $\frac{1}{4}$ left. Step R forward. (6) $\frac{1}{2}$ left pivot onto L 3:00
7 - 8 (7) Turn $\frac{1}{4}$ left. Step R to right side 12:00 (8) Touch L next to R

[25 - 32] Dorothy (x2), Walk, Rock-Recover, $\frac{1}{2}$ Step. Repeat this section for each * in the phrasing.

- 1 - 2& (1) Step L to the left (2) Step R behind L (&) Step L to the left
3 - 4& (3) Step R to the right (4) Step L behind R (&) Step R to the right
5 - 6 (5) Step L forward (6) Rock onto R
7 - 8 (7) Recover onto L (8) Turn $\frac{1}{2}$ right. Step R forward 6:00

Part B (24 counts)

[1 - 8] Lean Rock-Recover, $\frac{1}{4}$ Press (x2)

- 1 - 2 (1) Rock L to the left (2) bend left knee while turning body $\frac{1}{4}$ left
3 (3) Recover to R while straightening L
4 (4) Step L next to right recovering body back $\frac{1}{4}$ right

Styling: On count 1, bring flat left hand to above the eyes as though searching. On count 4, drop the left hand.

- 5 - 6 (5) Press R to the right side (6) Push turn $\frac{1}{4}$ right. Recover onto L 3:00
7 - 8 (7) Press R to the right side (8) Push turn $\frac{1}{4}$ right. Recover onto L 6:00

[9 - 16] Shuffle Back, $\frac{1}{2}$ Step, Touch, Kick-Ball-Step, Walk, Walk

- 1&2 (1) Step R back (&) Step L next to R (2) Step R back
3 - 4 (3) Turn $\frac{1}{2}$ L. Step L forward 12:00 (4) Touch R next to L

5&6 (5) Kick R forward (&) Step R next to L (6) Step L forward
7 - 8 (7) Step R forward (8) Step L forward

[17 - 24] Rock-Recover Ball Rock-Jump-Hitch, ¼ Pivot Sway, Sway, ¼ Flick

1 - 2& (1) Rock R forward (2) Recover on L (&) Step R next to L
3 - 4 (3) Rock L forward (4) Jump back onto R with L hitch

Styling: On count 4, while jumping back on R, bring forearms above head with hands as fists. Optionally, you may holler "Heave-Ho".

5 (5) Step L forward. Turn ¼ right 3:00
6 - 7 (6) Sway hips right (7) Sway hips left

Styling: On count 6, Extend R arm up as if grabbing a rope toward 6:00 and bring L hand to the inside R elbow. Between count 6 and 7, draw an arc with both hands ending with the L arm up as if grabbing a rope toward 12:00, and R hand to the inside of the L elbow.

8 (8) Turn ¼ right. Slight L flick behind 6:00

PHRASED-TAG (20 counts)

Tag Sequence: CCC D EEE

Part C (8 counts)

[1 - 8] Walk (x4), Shuffle (x2)

1 - 2 (1) Step L forward (2) Step R forward
3 - 4 (3) Step L forward (4) Step R forward
5&6 (5) Step L forward (&) Step R next to L (6) Step L forward
7&8 (7) Step R forward (&) Step L next to L (8) Step R forward

Styling: Imagine a counter-clockwise arc between you and the center of the dance floor. Travel along that arc over 24 counts getting closer to the center with each step. On the last step, turn to face 12:00.

Part D (4 counts)

[1 - 4] Hold for 4 counts

Styling: On count 1, lower body and bow head toward the ground. On count 4, Spring up ready to start part E. Weight on R.

Part E (8 counts)

[1 - 8] Dorothy (x2) Press-Rock-Recover Ball (x2)

1 - 2& (1) Step L to the left (2) Step R behind L (&) Step L to the left
3 - 4& (3) Step R to the right (4) Step L behind R (&) Step R to the right
5 - 6& (5) Press L forward (6) Recover onto R (&) Step L next to right
7 - 8& (7) Press R forward (8) Recover onto L (&) Step R next to left

Styling: Move away from center and other dancers as you reform line dance grid position. To achieve this, over the next 24 counts, favor the dorothy steps by taking bigger steps in the direction you need to travel. Push back more on the press rock to go backward.

[Ending] Finish the dance during the 3rd and final last 8 counts of Part A. Alter the last 3 counts as follows.

[6 - 8] Walk, Stomp (x3)

6 - 7 (6) Step R forward (7) Stomp back onto L
& (&) Turn ¼ right. Stomp R to the right side
8 (8) Turn ¼ right. Stomp onto L with a pose 12:00

Last Update: 2 Mar 2025
