

Captain Of My Heart

COPPER KNOB
STEPPERS

Count: 32

Wall: 2

Level: Improver

Choreographer: Wenarika Josephine (INA) - June 2021

Music: 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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