



Dance: **Captain Of My Heart**
Type: 32 Count, 2 Wall, Improver
Choreographer: Wenarika Josephine (INA), June 2021
Choreographed to: Sail Over Seven Seas by Gina T. (77 bpm, 4:30 min)

Intro: Start after count 32

Section 1	Side Rock, Cross Shuffle, Hitch, Extended Syncopated Weave Right	
1,2	Rock to side on right. Recover on left	Side rock
3&4&	Cross right over left. Step left to left side. Cross right over left. Hitch left over right	Cross shuffle, hitch
5,6	Cross left over right. Step right to right side	Cross, side
7&8	Cross left behind right. Step right to right side. Cross left over right	Behind, side, cross
Section 2	Side Rock, Cross Shuffle, Unwind 1/2, Cross Shuffle, Side Rock	
1,2	Rock to side on right. Recover on left	Side rock
3&4&	Cross right over left. Step left to left side. Cross right over left. Turn 1/2 left (6:00)	Cross shuffle, &
5&6	Cross left over right. Step right to right side. Cross left over right	Cross shuffle
7,8*	Rock to side on right. Recover on left	Side rock
Section 3	Samba Step x 2, Step Pivot 1/2, Step Lock Step	
1&2	Cross right over left. Rock to side on left. Recover on right	Samba step
3&4	Cross left over right. Rock to side on right. Recover on left	Samba step
5,6	Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot
7&8	Step right forward. Lock left behind right. Step right forward	Step, lock, step
Section 4	Step, (Syncopated Jazz Box 1/4 Step) x 2, Touch	
1,2&	Step left forward. Cross right over left. Step left back	Step, Cross, back
3,4	Step right 1/4 turn right (3:00). Step left forward	Turn, step
5,6&	Cross right over left. Step left back. Step right 1/4 turn right (6:00)	Cross, back, turn
7,8	Step left forward. Touch right beside left	Step, touch
Tag	End of Wall 2 (6:00 - add Tag facing 12:00) End of Wall 7 (12:00 - add Tag facing 6:00) Sway x 4	
1-4	Step right to right side and sway right. Sway left. Sway right. Sway left	Sway, sway, sway, sway
Restart	* Wall 5 (12:00) after 16 Counts (restart facing 6:00)	
