

Captain's Table

32 Count, 4 Wall, Improver

Choreographer: Barbara Lowe (UK) May 2010

Choreographed to: Dancing With The Captain
by Paul Nicholas, CD: Total 70's

Side switches ,clap twice , heel switches ,clap twice .

- 1& Point right toe to right side ,step right next to left
- 2& Point left toe to left side , step left next to right
- 3&4 Touch right toe to right side ,clap hands twice
- 5& Touch right heel forward ,step right beside left
- 6& Touch left heel forward , step left next to right
- 7&8 Touch right heel forward ,clap hands twice

Restart here wall 4 only dance the first 8 counts

Rock recover shuffle back shuffle ½ turn left pivot ¼ turn left

- 9-10 Rock forward on right ,recover weight on to left
- 11&12 Step back on right ,close left next to right ,step back on right
- 13&14 Shuffle ½ turn left stepping left, right, left 6:00
- 15-16 Step forward on right pivot ¼ turn left weight ends up on left 3:00

Sailors step's right left ,rock recover ,shuffle ½ turn

- 17&18 Step right behind left ,step left to left side ,step right to right side
- 19&20 Step left behind right , step right to right side ,step left to left side
- 21-22 Rock forward on right ,recover weight on to left
- 23&24 Shuffle ½ turn right stepping , right, left, right 9:00

Heel toe touches rolling vine left with two claps

- 25 Touch left heel forward
- 26 Touch left toe back
- 27 Touch left heel forward
- 28 Touch left toe back
- 29-30 Step left ¼ turn pivot ½ turn
- 31-32 Pivot ¼ turn ,touch right next to left

Option: 29-32 step left to left side, step right behind left, step left to left side, touch right beside left

Restart: dance the first 8 counts at the Beginning of wall 4 then start again

Music download available from Amazon