

# I'll Go and List for a Sailor

Sheet music: <https://thesession.org/tunes/6714>

Right foot dance, Sherborne

Double steps are step-hop-change-change. Hands go down on 1.

## 1. Foot Up:

6 Double steps, shuffle back, foot together jump

## Chorus:

Long side step (side step right, shuffle back, half side step left, half shuffle back)

2 Double steps

4 Plain capers

## Pattern for remaining figures is:

4x Caper, 1 double step R, galley R (no turn), 4 plain capers

## 2. Fore Capers

1. Take off for Caper from R

(2 midair)

3. Land L

4. Change to R

(Alternate R/L)

Chorus

## 3. Half Capers (kick capers)

1. Plant R foot, hands show in front

2. Kick L foot through, scuffing heel

3. Caper R

4. Caper L

(Alternate R/L)

Chorus

## 4. Full Capers (splitters)

1. Prep back on R

2. Prep back on L

3-4. Two-foot jump, splitting legs in midair, R leg back  
(Alternate R/L)

Chorus