

# 7 Years

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Ann & Gary Spurway (UK) - March 2016

**Music:** 7 Years - Lukas Graham



---

## Start On Vocals

### Right Lock Step Forward Hitch ,Left Lock Forward Hitch

- 1-2 step forward on right ,step left slightly behind right
- 3-4 step forward on right ,hitch left
- 5-6 step forward on left ,step right slightly behind left
- 7-8 step forward on left ,hitch right

### Run Back Right, Left, Right, Hitch ,Stomp Right, Left ,Right,Left

- 1-4 step back on right ,left , right, hitch left
- 5-8 stomp right ,left, right,left

### Grapevine Right ,Grapevine Left

- 1-4 step right to side ,step left behind right ,step right to side,tap left next to right
- 5-8 step left to side ,right behind left ,left to side ,tap right to side

### Slide Right Step Left ¼ Turn Together

- 1-4 big step to right and slide left to it
- 5-8 step left to side doing a quarter turn to left ,slide right to it

### Repeat Again - No Tags Or Restarts

One Of My Students Came To Me Last Week With This Dance  
And Asked What I Thought Of It And We Found This Song To Go With It  
Any Feedback Would Be Great

---