

# 7 Minutes

Count: 32

Wall: 2

Level: High Intermediate

Choreographer: Hiroko Carlsson (AUS) - March 2019

Music: 7 Minutes - Dean Lewis : (iTunes)



(16 count intro)

**[S1] Back, 1/2R Shuffle Fwd, 1/2R Back, 1/2R Shuffle Fwd, Step-Pivot 1/4R**

1 Step back on L  
2&3 Make a ½ turn right stepping forward on R, Step L next to R, Step forward on L  
4 Make a ½ turn right stepping back on L  
5&6 Make a ½ turn right stepping forward on R, Step L next to R, Step forward on L  
7 8 Step forward on L, Make a ¼ turn right recover weight on R (9:00)

**[S2] Cross, Side, Behind, Sweep, Behind, 1/4L, 1/2L Shuffle Back**

1 2 3 4 Cross L over R, Step R to side, Step L behind R, Sweeping R around L  
5 6 Step R behind L, Make a ¼ turn left stepping forward on L  
7&8 Make a ½ turn left stepping back on R, Step L next to R, Step back on R\* (12:00)

**[S3] Kick Ball Cross, 2 Bounces 1/2L Unwind, Kick Ball Cross, 3/4R, Hook**

1&2 Kick L to left diagonal, Step ball of L slightly back, Cross R over L  
&3&4 Raise heels, Make a ¼ turn left & lower heels, Raise heels, Make a ¼ turn left & lower heels (weight on L)  
5&6 Kick R to right diagonal, Step ball of R slightly back, Cross L over R  
7 8 Unwind ¾ right on ball of L, Hook R (3:00)

**[S4] Lock Step RL, Step-Pivot 1/4L-Cross, 1/2R Hitch**

1&2 Step forward on R, Step/lock L behind R, Step forward on R  
3&4 Step forward on L, Step/lock R behind L, Step forward on L  
5 6 Step forward on R, Make a ¼ turn left recover weight on L  
7 8 Cross R over L, Make a ½ turn right on ball of right foot hitching left foot (6:00)

**Repeat**

**\*1st Restart: Wall 3 count 16\* (12:00) + 4 count tag (Side Rock, Cross Rock)**

1 2 3 4 Rock/step L to left, Recover weight on R, Rock/cross L over R, Recover weight on R

**\*\*2nd Restart: Wall 5 count 16\* (6:00)**

**Tag: End of Wall 6 (12:00) + 4 count tag (Side Rock, Cross Rock)**

1 2 3 4 Rock/step L to left, Recover weight on R, Rock/cross L over R, Recover weight on R

**Bridge: End of Wall 8 (12:00) - go around clockwise**

**4x 12 counts bridge - Back Sweep, Back Sweep, Touch-Unwind 1/2L, Back Sweep, Back Sweep 1/4L, Anchor**

1 2 3 4 Step back on L, Sweep R around L, Step back on R, Sweep L around R  
5 6 7 8 Touch L behind R, Unwind 1/2L weight ends on R, Step back on L, Sweep R around L  
9 10 Step back on R, Make a ¼ turn left sweeping L around R  
11 12 Lock L behind R, Step weight onto R (3:00)

**Repeat this sequence 3 times then Stomp R next to L (1), Hold (2) (12:00)**

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
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