

7 Rings

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Hiroko Carlsson (AUS) - March 2019

Music: 7 rings - Ariana Grande : (iTunes)



(Intro: 16 counts)

[S1] Fwd, Full Turn, Cross Rock-Recover, 3/4R Flip Turn, 1/2L Flip Turn

- 1 2 Step forward on L, Make a ½ turn left stepping back on R
3 4 a Make a ½ turn left stepping forward on L, Rock/cross R over L, Recover weight on L
5 a6 Make a ¼ turn right stepping forward on R, Make a ½ turn right stepping back on L, Rock/step back on R (9:00)
7 a8 Recover weight on L, Make a ½ turn left stepping back on R, Step back on L (3:00)

[S2] Back w/ Sweep, Behind-Side, Back w/ Sweep, Back w/ Cross Touch, Turning Waltz, Fwd, Fwd

- 1 2 a Step back on R and sweeping L around R, Step L behind R, Step R to side
3 4 Step back on L and sweeping R around L, Step back on R w/ L cross touch
5&a Step forward on L, Make a ½ turn left stepping back on R, Step L next to R (9:00)
6&a Step back on R, Make a ½ turn left stepping forward on L, Step R next to L (3:00)
7 8 Step forward on L, Step forward on R

[S3] Step-Pivot 1/2R, Full Turn, Step-Lock-Step, Step-Pivot 1/2L, Full Turn, Step-Pivot 1/4L-Cross

- 1 a Step forward on L, Make a ½ turn right recover weight on R (9:00)
2 a Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R
3 a4 Step forward on L, Lock/step R behind L, Step forward on L
5 a Step forward on R, Make a ½ turn left recover weight on L (3:00)
6 a Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L
7 a8 Step forward on R, Make a ½ turn left recover weight on L, Cross R over L (12:00)

[S4] 2x Side-Rock Behind, Side, Behind, 1/4 Fwd w/ 1/4 Hitch, Cross, Side, Back w/ Hook

- 1 a2 Step L to left, Rock/step R behind L, Recover weight on L
3 a4 Step R to right, Rock/step L behind R, Recover weight on R
5 a6 Step L to side, Step R behind L, Make a ¼ turn left stepping forward on L as you hitch R knee & continue making a further ¼ turn left (6:00)
7 a8 Cross R over L, Step L to left, Step back on R w/ L hook

Repeat

Ending:-
Section 3

- 5 a Step forward on R, Make a ½ turn left recover weight on L
6 Make a ½ turn left stepping back on R,
7 8 Make a ¼ turn left stepping L to left, Drag R together (12:00)

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(updated: 12/Mar/19)