

# 7 Days a Week

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 2

Level: Improver

Choreographer: Lee-Ann Desmarais (CAN) - May 2024

Music: 7 Days a Week - Nora & Chris



Intro: 32 counts

## Section 1: SIDE ROCK BEHIND SIDE CROSS 2X

- 1-2 Rock R to R side, recover on L
- 3&4 Cross R behind L, Step L to L, cross R over L
- 5-6 Rock L to L side, recover on R
- 7&8 Cross L behind R, Step R to R, cross L over R

## Section 2: ROCK/RECOVER, ½ SHUFFLE, ROCK/RECOVER, COASTER STEP

- 1-2 Rock R forward, recover on L
- 3&4 Turn ½ R stepping R forward, step L beside R, Step R forward
- 5-6 Rock L forward, recover on R
- 7&8 Step L back, Step R beside L, Step L forward

## Section 3: DOROTHY STEP 2X, HEEL SWITCHES, HEEL TWIST

- 1-2& Step R to R diagonal, lock L behind R, Step slightly forward on R
- 3-4& Step L to L diagonal, lock R behind L, Step slightly forward on L
- 5&6& Tap R heel forward, R back next to L, tap L heel forward, L back next to R
- 7&8 Step R forward, twist heels to the R, bring heels back

## Section 4: BACK LOCK STEP, COASTER STEP, HEEL GRIND ¼, ROCK BACK

- 1&2 Step R back, Lock L over R, Step R back
- 3&4 Step L back, Step R next to L, Step L forward
- 5-6 Grind R heel ¼ to R, weight back on L
- 7-8 Rock R back, recover on L

ENJOY!!