

# Seven Rings

Count: 64

Wall: 1

Level: Phrased Intermediate

Choreographer: Toshiko Kawamoto (JP) - July 2024

Music: 7 rings - Ariana Grande



Sequence: AB AB BB

Part A: 32 counts

Start facing 10:30

**[1-8] R fwd, L Sweep 1/4 right, Coaster step x 2**

- 1, 2 Step R fwd (1), Sweep L from back to front turning 1/4 right and point L fwd (2) (1:30)  
3, a4 Step L back (3), Step R beside L (a), Step L fwd (4)  
5, 6 Step R fwd (5), Sweep L from back to front turning 1/4 right and point L fwd (6) (4:30)  
7, a8 Step L back (7), Step R beside L (a), Step L fwd (8)

**[9-16] Pivot 1/2, 1/2 Side cross back, Back sweep x 2, Coaster step, Step**

- 1, 2 Step R fwd (1), Pivot 1/2 left (2) (10:30)  
a3, a4 (Continue left turn) Turn 1/4 left stepping R small side right (a), Turn 1/8 left crossing L over R (3), Turn 1/8 left stepping R back (a), Step L back (4) (4:30),  
5, 6 Step R back sweeping L from front to back (5), Step L back sweeping R from front to back (6)  
7&a8 Step R back (7), Step L beside R (&), Step R fwd (a), Step L fwd (8)

**[17-24] [25-32] Repeat above 16 counts (end with facing 10:30)**

Part B: 32 counts

Start facing 10:30

**[1-8] Step, Toe switches, Back, Back, Body roll, Back**

- 1, a2 Step R fwd (1), step L beside R (a), Point R side right (2) (10:30)  
a3, a4 Turn 1/8 right stepping R beside L (a)(12:00), Point L side left (3), Step L beside R (a), Point R fwd (4)  
a5, a6 Step R back (a), Tap L toe fwd (5), Step L back (a), Tap R toe fwd (6)  
7, 8 Touch R toe back and start body roll from front to back (7), Finish body roll stepping R back (8)

**[9-16] Samba 1/8 right, Samba 1/4 right, L Shuffle, R fwd, L back 5/8 right with sweep**

- a1, a2 Step L beside R (a), Step R fwd (1), Turn 1/8 right rocking L side left (a), Recover R (2) (1:30)  
a3, a4 Step L beside R (a), Step R fwd (3), Turn 1/4 right rocking L side left (a), Recover R (4) (4:30)  
5, a6 Step L fwd (5), Close R beside L (a), Step L fwd (6)  
7, 8 Step R fwd (7), Turn 1/2 right stepping L back and turn 1/8 right on L while sweeping R from front to back (8) 12:00

**[17-24] Behind side cross, 1/4, 1/4, Cross, Whisk right and left**

- 1, a2 Step R behind L (1), Step L side left (a), Cross R over L (2)  
3, a4 Turn 1/4 left stepping L fwd (3), Turn 1/4 left stepping R side right (a), Cross L over R (4) (6:00)  
5, a6 Step R side right (5), Rock ball of L behind R (a), Recover R (6)  
7, a8 Step L side left (7), Rock ball of R behind L (a), Recover L (8)

**[25-32] Kick and Point, Step, Pivot 1/2, Fwd rock, Side rock, Back rock, Side rock, Step**

- 1, a2 Kick R fwd (1), Turn 1/4 right stepping R side (a), Point L side left (toward 6:00) (2) (9:00)  
3, a4 Turn 1/4 left stepping L fwd (3), Step R fwd (a), Pivot 1/2 left (weight on L) (4) (12:00)

5, a6            Rock R fwd (5), Recover L (a), Rock R side right (6), Recover L (a),  
a7, a8           Rock R back (7), Recover L (a), Rock R side right (8),  
a1                Recover L (a), Step R fwd diagonally left (1) (10:30)

**Start Again**

**Ending: At the 4th B (last B), dance up to count 26 (kick and point), then look to your right (towards 12:00)**

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