

Seven Year Ache

Count: 32

Wall: 4

Level: Improver

Choreographer: Alice Daugherty (USA) & Tim Hand (USA)

Music: Seven Year Ache - Rosanne Cash



WALK, WALK FULL TURN ¼ TURN CROSSING TRIPLE

- 1-2 Step forward with right foot, step forward with left foot
- 3-4 Pivot ½ turn to left stepping right back, pivot ½ turn to left stepping left forward
- 5-6 Step right foot forward, pivot ¼ turn to left shifting weight to left
- 7&8 Cross right in front of left, step left to side, cross right in front of left

STEP TOUCHES WITH TURNS, BOX STEP

- 1-2 Step left to side touch right next to left
- 3-4 Step right back making ¼ turn to right touch left next to right
- 5-6 Step left forward making ¼ to right touch right next to left
- 7-8 Step right back making ¼ turn to right touch left next to right

WEAVE TO LEFT WITH A FOOT SWEEP

- 1-2 Step left to side, step right behind left
- 3-4 Step left to side, step right in front of left
- 5-6 Step left to side, step right behind left
- 7-8 Sweep left behind right, step on left

STEP CROSS TURN BACK LOCK BACK ROCK FORWARD AND BACK

- 1-2 Step right to side, cross left in front of right
- 3&4 Step right back making ¼ turn left, lock left in front of right, step right back
- 5-6 Rock back on left, recover on right
- 7-8& Rock forward on left, recover on right step back on ball of left

REPEAT
