

# Seven Year Ache

Count: 32

Wall: 4

Level: Improver social cha

Choreographer: Lisa Ferguson (UK)

Music: Seven Year Ache - Trisha Yearwood



---

## **SIDE ROCK, REPLACE, RIGHT KICK BALL TAP, SIDE, TOGETHER, LEFT CHASSE WITH ¼ TURN LEFT**

- 1-2 Step right to right side rocking weight onto right, replace weight back onto left  
3&4 Kick right forward, step down on ball of right, tap left toe in front of right  
5-6 Step left to left side, close right beside left  
7&8 Step left to left side, close right beside left, step left ¼ turn left

## **STEP ¼ PIVOT LEFT, CROSS SHUFFLE, LEFT SIDE ROCK, REPLACE, BEHIND, SIDE, FORWARD**

- 1-2 Step forward on right, on balls of both feet pivot ¼ turn left  
3&4 Cross right over left, step left to left side, cross right over left  
5-6 Step left to left side rocking weight onto left, replace weight back onto right  
7&8 Cross left behind right, step right to right side, step forward on left

## **STEP ½ PIVOT, SHUFFLE ¼ TURN, BACK ROCK, REPLACE, LEFT KICK BALL CROSS**

- 1-2 Step forward on right, on balls of both feet pivot ½ turn left  
3&4 Making ¼ turn on left step right to right side, close left beside right, step right to right side  
5-6 Rock back on left, replace weight forward onto right  
7&8 Kick left forward, step down on ball of left, tap right toe in front of left

## **STEP, LOCK, STEP, LOCK, STEP, ROCK, REPLACE, SHUFFLE ½ TURN LEFT**

- 1-2 Step forward on right, lock left behind right  
3&4 Step forward on right, lock left behind right, step forward on right  
5-6 Rock forward on left, replace weight back onto right  
7&8 Make ½ turn shuffle left stepping left, right, left

**REPEAT**

---