

Seven Year Heart Ache

Count: 40

Wall: 2

Level: Improver

Choreographer: Glynn Holt (UK)

Music: Seven Year Ache - Trisha Yearwood



RIGHT VINE, LEFT VINE

- 1-2 Step right to right side, cross left behind right
- 3-4 Step right to right side, step left next to right
- 5-6 Step left to left side, cross right behind left
- 7-8 Step left to left side, step right next to left

SIDE TOUCH, SIDE TOUCH, FORWARD TOUCH, BACK TOUCH

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Step forward on right, touch left next to right
- 7-8 Step back on left, touch right next to left

WALK FORWARD RIGHT, LEFT, RIGHT SHUFFLE FORWARD, ROCK FORWARD BACK, BACK SHUFFLE

- 1-2 Walk forward right, walk forward left
- 3&4 Shuffle forward on right left right
- 5-6 Rock forward on left, recover on right
- 7&8 Shuffle back on left right left

ROCK RECOVER, KICK BALL CHANGE, SIDE ROCK, BEHIND AND IN FRONT

- 1-2 Rock back onto right, recover on left
- 3&4 Kick forward right, step right beside left, step left in place
- 5-6 Rock right to right side, recover on left
- 7&8 Step left to left side, right behind left and in front of left

SIDE ROCK, SAILOR ¼ TURN LEFT, STEP FORWARD ½ TURN, WALK FORWARD TWICE

- 1-2 Rock left to left side, recover on right
- 3&4 Sailor step making ¼ turn left, stepping behind side turn
- 5-6 Step forward on right, pivot ½ turn over left shoulder
- 7-8 Walk forward right, walk forward left

REPEAT
