

# Cha-7-Cha

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Steve Jeffries (UK) & Toni Holmes (UK)

**Music:** Seven Year Ache - Trisha Yearwood



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## **STEP, HOLD, ROCK, RECOVER, SIDE CLOSE SHUFFLE ¼ TURN LEFT**

- 1-2 Step to right on right, hold
- 3-4 Rock left behind right, recover weight to right
- 5-6 Step left to left side, close right to left
- 7&8 Shuffle to left: left, right, left turning ¼ left on last step

## **STEP, PIVOT, SHUFFLE FORWARD, TOE STRUT, KICK BALL FORWARD**

- 1-2 Step right forward, pivot ½ turn left over left shoulder
- 3&4 Shuffle forward: right, left, right
- 5-6 Step left toe forward, drop heel to floor
- 7&8 Kick right foot forward, step right next to left, step left foot forward

## **TOE STRUT, KICK BALL FORWARD, ROCK & RECOVER, SHUFFLE BACKWARDS**

- 1-2 Step right toe forward, drop heel to floor
- 3&4 Kick left foot forward, step left next to right, step right foot forward
- 5-6 Rock left foot forward, recover weight to right
- 7&8 Shuffle backwards: left, right, left

## **FULL TURN BACKWARDS WITH HOLD, STEP OUT-OUT, BACK ROCK**

- 1-2 On ball of left ½ turn right stepping forward on right, hold
- 3-4 On ball of right ½ turn right stepping back on left, hold

### **Alternate steps**

- 1-2 Rock backward on right, recover on left
- 3-4 Rock forward on right, recover on left
  
- 5-6 Step right foot out to right, step left foot out to left
- 7-8 Rock right foot behind left, recover weight to left

## **REPEAT**

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