

Cha 7 Cha

Count: 32

Wall: 4

Level: Improver

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

Music: Seven Year Ache - Trisha Yearwood



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 Rock Backward On Right (1), Recover On Left (2), Rock Forward On Right (3), Recover On Left (4)
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

START AGAIN

Suggested: Seven Year Ache - Rosanne Cash (124BPM)
My Maria - Brooks & Dunn (124BPM)
What A Crying Shame - The Mavericks (120BPM)
Here Comes The Rain - The Mavericks (120BPM)
If I Said You Had A Beautiful Body - Bellamy Bros (120BPM)
