

7 and 70

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Cody Flowers (USA) - March 2023

Musique: 7 And 70 - Spencer Crandall



Dance starts 8 counts into song

[1-8] Chase ½ Turn, Full Turn, Step Pivot ½, Serpiente, ¼ Turn

- 1&2 Step LF forward, ½ Turn right stepping RF beside LF, Step LF forward (6:00)
3&4 ½ Turn left stepping back on RF, ½ Turn left stepping forward on LF, Step RF forward (6:00)
5 Pivot ½ turn left transferring weight onto LF while sweeping RF from back to front (12:00)
6&7 Cross RF over LF, Step LF to left side, Step back on RF while sweeping LF from front to back (12:00)
8& Step LF behind RF, ¼ Turn right stepping forward on RF (3:00)

[9-16] L Night Club Basic, ¼-¼-Cross w/ hitch, Rock, Hitch, Behind-Side-Cross, ⅛ Turn Ball Step

- 1 2& Step LF to left side, Rock RF behind LF, Recover weight on LF (3:00)
3&4 ¼ Turn left stepping back on RF, ¼ Turn left stepping LF to left side, Cross RF over LF while hitching left knee from back to front (9:00)
5 6 Cross rock LF over RF, Recover weight on RF while hitching from front to back (9:00)
7&8& Step LF behind RF, Step RF to right side, Cross LF over RF, ⅛ Turn left stepping on ball of RF (7:30)

[17-24] Walk (x2), Fwd Mambo w/ Sweep, ⅛ Turn Coaster, Step ½ Pivot, ¼

- 1 2 Walk LF forward, Walk RF forward (7:30)
3&4 Rock forward on LF, Recover weight on RF, Step back on LF while sweeping RF from front to back (7:30)
5&6 Step back on RF, ⅛ Turn left stepping LF beside RF, Step RF forward (6:00)
7 8& Step LF forward, Pivot ½ Turn right transferring weight onto RF, ¼ Turn right stepping LF to left side (3:00)

[25-32] Rock-Recover-&, Rock-Recover, ¼-¼-Cross, ¼ Chase Turn

- 1 2& Rock RF behind LF, Recover weight on LF, Step RF to right side (3:00)
3 4 Rock LF behind RF, Recover weight on RF (3:00)
5&6 ¼ Turn right stepping back on LF, ¼ Turn right stepping RF to right side, Cross LF over RF (9:00)
7&8 Step RF to right side, ¼ Turn left stepping LF beside RF, Step RF forward (6:00)

Tag comes at the end of walls 2, 4, & 6.

- 1-4 Chase ½ Turn, Chase ¼ Turn
1&2 Step LF forward, ½ Turn right stepping RF beside LF, Step LF forward
3&4 Step RF forward, ¼ Turn left stepping LF beside RF, Step RF forward
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