

# Seven Lonely Days

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Maryloo (FR) - February 2025

**Musique:** Seven Lonely Days - Bouke : (Album : For The Good Time)



**No Tag, No Restart**

## **TOE STRUT, CROSS TOE STRUT, SIDE SHUFFLE, ROCK BACK**

- 1-2 Step R Toe to side, Drop R Heel
- 3-4 Cross L Toe over R, Drop L Heel
- 5&6 Step R to side, step L next to R, step R to side
- 7-8 L rock back, recover on R

## **TOE STRUT, CROSS TOE STRUT, SIDE SHUFFLE, ROCK BACK**

- 1-2 Step L Toe to side, Drop L Heel
- 3-4 Cross R Toe over L, Drop R Heel
- 5&6 Step L to side, step R next to L, step L to side
- 7-8 R rock back, recover on L

## **PIVOT ½ TURN, SHUFFLE FORWARD, PIVOT ¼ TURN, SHUFFLE FORWARD**

- 1-2 Step R forward, pivot ½ turn L ( weight on L)
- 3&4 Step R forward, step L next to R, step R forward
- 5-6 Step L forward, pivot ¼ turn R ( weight on R)
- 7&8 Step L forward, step R next to L, step L forward

## **SIDE, HOLD, BALL SIDE, TOUCH, ROLLING VINE TO L SIDE**

- 1-2 Step R to side, Hold
- &3-4 Ball step L next to R, Step R to side, Touch L next to R
- 5-6 ¼ turn to L stepping L forward, ½ turn to L stepping R back
- 7-8 ¼ turn to L, stepping L to side, touch R next to L

**Have Fun !**

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