

# 7 Days

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Oli Geir (ICE) & Hugrun (ICE)

Musique: After Your Love Is Gone - Modern Talking



## STEP FORWARD, ROCK STEPS X 4, LEFT COASTER STEP, STEP FORWARD

- 1 Step forward on right
- 2-3 Rock forward on left, rock back on right (use hips)
- 4-5 Rock forward on left, rock back on right (use hips)
- 6&7 Step back on left, step right beside left, step forward on left
- 8 Step forward on right

## STEP, PIVOT ½ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, LEFT CHASSE, BACK ROCK

- 1-2 Step forward on left, pivot ½ turn right
- 3-4 Step forward on left, pivot ½ turn right (facing 12:00)
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Rock back on right, rock forward on left (use hips)

## SIDE, CROSS, SIDE, CROSS, RIGHT KICK-BALL-CROSS TWICE

- 1-2 Step right to right side, cross step left over right (use Cuban hips)
- 3-4 Step right to right side, cross step left over right (use Cuban hips)
- 5&6 Low kick right diagonally forward right, step ball of right back to place, cross step left over right
- 7&8 Low kick right diagonally forward right, step ball of right back to place, cross step left over right

## SIDE ROCK, RIGHT SAILOR ½ TURN RIGHT, LEFT KICK-BALL-CROSS TWICE

- 1-2 Rock right to right side, recover weight on left (use hips)
- 3&4 Cross right behind left turning ¼ right, turn ¼ right stepping left to left side, step forward on right
- 5&6 Low kick left diagonally forward left, step ball of left back to place, cross step right over left
- 7&8 Low kick left diagonally forward left, step ball of left back to place, cross step right over left

## FORWARD ROCK, LEFT SHUFFLE ½ TURN LEFT, STEP, PIVOT ½ TURN LEFT, CROSS, TOUCH

- 1-2 Rock forward on left, rock back on right (facing 6:00)
- 3&4 Left shuffle turning back ½ turn left stepping left, right, left
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Cross step right forward over left, touch left toe out to left side (facing 6:00)

## CROSS, SIDE, LEFT CROSS SHUFFLE, ¼ TURN LEFT, ½ TURN LEFT, RIGHT SHUFFLE FORWARD

- 1-2 Cross step left over right, step right to right side
- 3&4 Cross step left over right, step right to right side, cross step left over right (use Cuban hips)
- 5-6 Turn ¼ turn left stepping back on right, turn ½ turn left stepping forward on left
- 7&8 Right shuffle forward stepping right, left, right (facing 9:00)

## FORWARD ROCK, LEFT TRIPLE FULL TURN LEFT, STEP FORWARD, TOGETHER, STEP BACK, TOGETHER

- 1-2 Rock forward on left, rock back on right
- 3&4 Left triple step (on the spot) turning full turn left; stepping left, right, left
- 5-6 Step forward on right, step left beside right
- 7-8 Step back on right, step left beside right (facing 9:00)

**FORWARD ROCK, RIGHT SHUFFLE ½ TURN RIGHT, SPIRAL FULL TURN RIGHT, LEFT SHUFFLE FORWARD**

- 1-2 Rock forward on right, rock back on left
- 3&4 Right shuffle turning back ½ turn right; stepping right, left, right
- 5-6 Step forward on left spinning full turn right, step forward on right
- 7&8 Left shuffle forward stepping left, right, left (facing 3:00)

**REPEAT**

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