7 Nights 2 Rock



Compte: 48 Mur: 2 Niveau: Intermediate

Chorégraphe: Frida Axelsson (SWE) - July 2007

Musique: Seven Nights to Rock - The Refreshments



Intro: They count in for you ;-)

or you can dance it to any quick rock?n?roll music!

KICK RF FWD, HOOK BEHIND AND SLAP, RIGHT CHASSE ¼ TURN R, SCUFF LF, SCOOT RF, TURN ½ R, STEP BACK, STEP BESIDE

1 RF kick forward

2 RF hook behind LF and slap with left hand

RF step side right & LF step beside RF

4 RF step side right, turn ¼ right

5 LF scuff forward

& RF scoot forward, turn ¼ right

6 LF step down

7 RF turn ¼ right, step in place

8 LF step beside RF, shoulder wide apart

R KNEEPOP, SYNCHOPATED JUMPS LEFT AND RIGHT, STEP TURN ½ R, CLAP, POINT BACK, TURN ½ R, CLAP

1	RF pop knee in
2	RF pop knee out
&	LF jump side left
3	RF jump beside LF
&	RF jump side right
4	LF jump beside RF
5	LF step forward
6	LF turn ½ right, clap
7	RF point behind
8	RF turn 1/2 right, clap

LEFT SHUFFLE FWD, (CLAP), RIGHT SHUFFLE FWD, (CLAP)

1	LF step forward
2	RF step beside LF
3	LF step forward
4	clap if you want to
5	RF step forward
6	LF step beside RF
7	RF step forward
8	clap if you want to

STEP LF FWD, TOUCH R TOES BEHIND, STEP DOWN RF, HITCH LF, STEP LF DOWN, SWEEP RF TURNING 1/4 R, STEP LF DOWN

1 LF step forward

2 RF touch toes behind LF

3 RF step in place

4 LF hitch

5 LF step in place

6 RF sweep from left to right and turn ¼ right

7 RF step in place 8 LF step beside RF

TOUCH, FLICK AND SLAP, TOUCH, HOOK AND SLAP, STEP, HOOK BEHIND AND SLAP, STEP DOWN, SWIVEL RIGHT

1	RF touch beside L	F
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2 RF flick and slap with right hand

3 RF touch beside LF

4 RF hook in front of LF, slap with left hand

5 RF step in place

6 LF hook behind RF, slap with right hand

7 LF step in place

8 weight on toes LF and heel RF, swivel right

FLICK SAILOR TURN ½ LEFT, KICK BALL CHANGE, CLAP

RF weight on 1 2 LF flick, turn ½ left 3 LF step back 4 RF step beside LF 5 LF step forward 6 RF kick forward & RF step in place 7 LF step in place 8 clap

Move your feet and enjoy, good luck!