

# Seven

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Lynn Antonucci (USA) - September 2012

**Musique:** Seven Lonely Days - Bouke



**After 8 counts, Start the Dance**

**[1-16] DANCE INTRODUCTION**

**Dance the First 16 Counts, Then Restart the Dance From the Beginning**

**[1-8] CHASSE, ROCK BACK, REC, CHASSE, ROCK BACK, REC**

1&2 Step R To R Side, Step Left Beside R, Step R To R Side

3-4 Rock L Back Behind R, Rec R

5&6 Step L To L Side, Step R Beside L, Step L To L Side

7-8 Rock R Back Behind L, Rec L

**[9-16] 360 DEGREE TURNING VINE**

1-2 Step R To R Side, Step L Behind R

3-4 Step R  $\frac{1}{4}$  R, Step L Next To R Turning  $\frac{3}{4}$  R ( 3:00, 6:00,12:00 )

5-6 Step R Over L, Rec L

7-8 Step R Behind L, Rec L

**[17-24] KICK, BALL, SIDE TOUCH, KICK, BALL, SIDE TOUCH, HEEL FWD, HEEL FWD, HEEL FWD, HEEL FLICK BACK TURNING  $\frac{1}{4}$**

1&2 Kick R, R Ball Step, Touch L Toe To L Side

3&4 Kick L, L Ball Step, Touch R Toe To R Side

5&6& Tap R Heel Fwd, Rec R, Tap L Heel Fwd, Rec L

7&8 Tap R Heel Fwd, Flick R Heel Back, Turning  $\frac{1}{4}$  L ( 9:00 )

**[25-32] SHUFFLE FWD, PIVOT  $\frac{1}{2}$ , SHUFFLE FWD, LINDY TWIST**

1&2 Shuffle R Fwd, (RLR)

3-4 Step L Fwd, Pivot  $\frac{1}{2}$  Turn R, Rec R ( 3:00 )

5&6 Shuffle L Fwd, (LRL)

7-8 Step R To R Diagonal, Step L To L Diagonal

**Repeat the Dance**

**DANCE ENDING:**

**After the 11th Rotation, Facing the 9:00 Wall, Dance the First 16 Counts.**

**Substitute the  $\frac{1}{2}$  R Turn With A  $\frac{3}{4}$  R Turn and the Dance Will Finish Facing 12:00**

**Enjoy!**

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