

Stories

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Jannie Tofte Stoian (DK) - August 2015
音乐: 7 Years - Lukas Graham : (iTunes)



Intro: 16 counts intro (app. 20 seconds into song.) Start on the word "Once"

[1-8] □ Side rock cross, ¼ ½ sweep, Cross ¼ ¼ sweep, Cross back side, Cross swayx2 □

- 1&2 Rock R to R side, recover onto L, cross R over L (prepping body L) □ 12:00
&3 Turn ¼ R stepping L back, turn ½ R stepping R fw and sweeping L from back to front □ 09:00
4&5 Cross L over R, turn ¼ L stepping R back, turn ¼ L stepping L fw sweeping R from back to front (think Jazz box ½ turn) □ 03:00
6&7 Cross R over L, step L back, step R to R side □ 03:00
&&& Cross L over R, sway R, sway L □ 03:00

[9-16] □ Jazz box ¼ R, Rock sweep, Behind ¼ R step, Step ½ L step, Step touch □

- 1&2 Cross R over L, step L back, turn ¼ R stepping R to R side □ 06:00
&3 Cross rock L over R, recover onto R sweeping L from front to back □ 06:00
4&5 Cross L behind R, turn ¼ R stepping R fw, step L fw □ 09:00
6&7 Step R fw, turn ½ L stepping onto L, step R fw □ 03:00
8& Step L fw, touch R next to L while slightly bending knees (prepping for a R basic) □ 03:00

[17-24] □ Basic R, ¾ R, Runx2 rock, Coaster cross, Scissor step □

- 1-2& Step R to r side, close L behind R, cross R over L □ 03:00
3 Turn ¼ R stepping L back, while sweeping R another ½ R □ 12:00
4&5 Run fw R, L, rock R fw □ 12:00
6&7 Recover onto L, step R next to L, cross L over R □ 12:00
&&& Step R to R side, step L next to R, cross R over L □ 12:00

[25-32] □ Step sweep, Behind ¼ L, Step ¾ L, Runx2, Cross side rock, Cross shuffle □

- 1 Step L to L side, while sweeping R from front to back □ 12:00
2& Cross R behind L, turn ¼ L stepping L fw □ 09:00
3-4 Step R fw, turn ¾ L stepping onto L □ 04:30
&5 Run fw R, run fw L □ 04:30
6&7 Cross R over L, rock L to L side, recover onto R (squaring up to back wall) □ 06:00
&&& Cross L over R, step R small step to R side, cross L over R □ 06:00

No Tags. No Restarts.

Ending: just keep dancing all the way through the song – you will end up facing 12:00

Good luck & enjoy!

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Last Update – 29th Nov. 2015