

7 Years Old

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Chris Hodgson (UK) - April 2016
音乐: 7 Years - Lukas Graham : (amazon)



No Tags Or Re-Starts - Intro 32 Counts

[1-8] □ FORWARD ROCK-1/2 TURN-HOLD / STEP-1/4 TURN / CROSS-SWEEP FORWARD

1-2 Step Forward On Right, Rock Weight Back Onto Left
3-4 1/2 Turn Right Stepping Forward On Right, HOLD (6)
5-6 Step Forward On Left, Pivot 1/4 Turn Right (9)
7-8 Cross Left Over Right, Sweep Right Around To Front

[9-16] □ CROSS-BACK-SIDE-CROSS / SIDE-SLIDE / & CROSS-UNWIND 1/2 TURN

1-4 Cross Step Right Over Left, Step Back On Left, Step Right To Right Side, Cross Left Over Right
5-6 Long Step Right To Right Side, Slide Left Up To Right
&7-8 Step Left Next To Right, Cross Right Over Left, Unwind 1/2 Turn Left (Weight On Left) (3)

[17-24] □ SIDE ROCK-CROSS-HOLD / STEP SIDE-1/4 TURN-STEP-HOLD

1-2 Step Right To Right Side, Rock Weight Onto Left
3-4 Cross Right Over Left, HOLD
5-8 Step Left To Left Side, Pivot 1/4 Turn Right, Step Forward On Left, HOLD (6)

[25-32] □ 1/4 MONTEREY TURN / STEP-1/4 TURN-STEP-1/4 TURN

1-2 Point Right To Right Side, 1/4 Turn Right Stepping Right Next To Left (9)
3-4 Touch Left To Left Side, Step Left Next To Right
5-6 Step Forward On Right, Pivot 1/4 Turn Left (6)
7-8 Step Forward On Right, Pivot 1/4 Turn Left (3)

[33-40] □ FORWARD-SWEEP / FORWARD-SWEEP / JAZZ BOX

1-4 Step Forward On Right, Sweep Left Forward, Step Forward On Left, Sweep Right Forward
5-8 Cross Right Over Left, Step Back On Left, Step Right To Right Side, Step Forward On Left

[41-48] □ FORWARD ROCK-1/4 TURN-HOLD / CROSS-1/4 TURN-1/4 TURN-CROSS

1-2 Step Forward On Right, Rock Weight Back Onto Left
3-4 1/4 Turn Right Stepping Right To Right Side, HOLD (6)
5-6 Cross Left Over Right, 1/4 Turn Left Stepping Back On Right (3)
7-8 1/4 Turn Left Stepping Left To Left Side, Cross Right Over Left (12)

[49-56] □ SIDE ROCK-CROSS-HOLD / TOUCH SIDE-HOLD / SAILOR STEP

1-4 Step Left To Left Side, Rock Weight Onto Right, Cross Left Over Right, HOLD
5-6 Touch Right Toes To Right Side, HOLD
7&8 Cross Right Behind Left, Small Step Left To Left Side, Small Step Right To Right Side

[57-64] □ BACK ROCK / 1/4 TURN-HOLD / STEP-1/4 TURN / WALK FORWARD x 2

1-2 Step Back On Left, Rock Weight Forward Onto Right
3-4 1/4 Turn Left stepping forward on left, HOLD (9)
5-6 Step Forward On Right, Pivot 1/4 Turn Left (6)
7-8 Step Forward On Right, Step Forward On Left

DANCE FINISHES ON WALL 7 AT COUNT 40

I LOVE THIS TRACK AND I HOPE YOU DO TOO!!!! Xxx

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