

7 Years Old

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Michael Barr (USA) - September 2016
音乐: 7 Years - Lukas Graham : (CD: Lukas Graham)



Lead: 32 counts. Start on vocals

Download: Single download on iTunes & Amazon.com / Length: 3:57

Phrasing: The sequence: A, B, A, B, A, B, A, A (facing 12 - turning to 9), B, A, A, A, A, 4 counts of A to the front

Word hints: All the A's start with the word "Once" or the word "Soon". Example: "Once I was... Soon I'll be..."

Wall hints: Notice that B is always a one wall pattern, no matter which wall you start it on. Rotation of B's: 3,6,9,3

Thanks to my So. Cal. friends; Kim E., Caroline K., and Ruben L., for suggesting the music!!!

A – 1 – 8: ¼ Step, Sweep, Cross Step, Step - Step, Sweep, Cross Step, Step □

- 1 – 2 Turn ¼ left stepping L forward; Sweep R from back to front □9
- 3 – 4 Step R forward in front of L; Step L slightly forward to left diagonal □9
- 5 – 6 Step R forward; Sweep L from back to front □9
- 7 – 8 Step L forward in front of R; Step R slightly forward to right diagonal □9

A – 9 – 16: Cross, Back, Back, Cross - Back, ½ R, ¼ R, Cross □

- 1, 2 Step L in front of R (facing right diagonal); Step R back on right diagonal (square up) □9
- 3, 4 Step L back (facing left diagonal); Step R in front of L □9
- 5, 6 Step L back on left diagonal (square up); Turn ½ right stepping R forward □3
- 7, 8 Turn ¼ right stepping L side left; Step R in front of L □6

A – 17 – 24: □Side, Hold, Rock, Return - ¼ Side L, Hold, Behind, Side □

- 1, 2 - 3, 4 Step L side left; Hold; Rock R back; Return to L in place □6
- 5, 6 - 7, 8 Turn ¼ left stepping R side right; Hold; Step L behind R; Step R side right (angle hips to right) □3

A – 25 – 32: □Cross, Hold, Rock Side, Return - Cross, Hold, Side, Behind □

- 1, 2 - 3, 4 Step L in front of R; Hold; Rock R side right; Return onto L stepping slightly back □3
- 5, 6 - 7, 8 Step R in front of L; Hold; Step L side left; Step R behind L □3

B – 1 – 8: □2 ct. Full Turn Left, Side Rock, Return - Cross, Hold, Side Rock, Return □

- 1, 2 - 3, 4 Step L into a full turn left for 2 counts (keep R close to L ankle); (3)Rock R side right; (4)Return to L □3
- 5, 6 - 7, 8 Step R in front of L; Hold; Rock L side left; Return to R, stepping back slightly □ 3

B – 9 – 16: □Cross, Hold, Side, Behind - ¼ Turn Right, Forward, ½ Turn Right, Forward □

- 1, 2 - 3, 4 Step L in front of R; Hold; Step R side right; Step L behind R □ 3
- 5, 6, 7, 8 Turn ¼ right stepping forward on R; Step L forward; Turn ½ right onto R; Step L forward □12

B – 17 – 24: □Forward Diag. Rock (2 cts), Return, Side - Forward Diag. Rock (2 cts), Return, Side □

- 1, 2 - 3, 4 Step R to left forward diagonal; Continue forward movement; Return weight to L; Step R side right □12
- 5, 6 - 7, 8 Step L to right forward diagonal: Continue forward movement; Return weight to R; Step L side left □12

B – 25 – 32: □Step, Hold, Side, Back - Back, Hold, ¼ Turn Right, Touch Together □

- 1, 2 - 3, 4 Step R forward in front of L; Hold; Step L side left; Step back on R (open hips slightly to right) □ 12
- 5, 6 - 7, 8 Step L back on diagonal; Hold; Turn $\frac{1}{4}$ right stepping R side right; Touch L next to R (sit a little) □ 3

Begin Again and Enjoy!

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