

# 7 and 70

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Cody Flowers (USA) - March 2023  
音乐: 7 And 70 - Spencer Crandall



Dance starts 8 counts into song

## [1-8] Chase ½ Turn, Full Turn, Step Pivot ½, Serpiente, ¼ Turn

- 1&2      Step LF forward, ½ Turn right stepping RF beside LF, Step LF forward (6:00)  
3&4      ½ Turn left stepping back on RF, ½ Turn left stepping forward on LF, Step RF forward (6:00)  
5      Pivot ½ turn left transferring weight onto LF while sweeping RF from back to front (12:00)  
6&7      Cross RF over LF, Step LF to left side, Step back on RF while sweeping LF from front to back (12:00)  
8&      Step LF behind RF, ¼ Turn right stepping forward on RF (3:00)

## [9-16] L Night Club Basic, ¼-¼-Cross w/ hitch, Rock, Hitch, Behind-Side-Cross, ⅛ Turn Ball Step

- 1 2&      Step LF to left side, Rock RF behind LF, Recover weight on LF (3:00)  
3&4      ¼ Turn left stepping back on RF, ¼ Turn left stepping LF to left side, Cross RF over LF while hitching left knee from back to front (9:00)  
5 6      Cross rock LF over RF, Recover weight on RF while hitching from front to back (9:00)  
7&8&      Step LF behind RF, Step RF to right side, Cross LF over RF, ⅛ Turn left stepping on ball of RF (7:30)

## [17-24] Walk (x2), Fwd Mambo w/ Sweep, ⅛ Turn Coaster, Step ½ Pivot, ¼

- 1 2      Walk LF forward, Walk RF forward (7:30)  
3&4      Rock forward on LF, Recover weight on RF, Step back on LF while sweeping RF from front to back (7:30)  
5&6      Step back on RF, ⅛ Turn left stepping LF beside RF, Step RF forward (6:00)  
7 8&      Step LF forward, Pivot ½ Turn right transferring weight onto RF, ¼ Turn right stepping LF to left side (3:00)

## [25-32] Rock-Recover-&, Rock-Recover, ¼-¼-Cross, ¼ Chase Turn

- 1 2&      Rock RF behind LF, Recover weight on LF, Step RF to right side (3:00)  
3 4      Rock LF behind RF, Recover weight on RF (3:00)  
5&6      ¼ Turn right stepping back on LF, ¼ Turn right stepping RF to right side, Cross LF over RF (9:00)  
7&8      Step RF to right side, ¼ Turn left stepping LF beside RF, Step RF forward (6:00)

Tag comes at the end of walls 2, 4, & 6.

- 1-4      Chase ½ Turn, Chase ¼ Turn  
1&2      Step LF forward, ½ Turn right stepping RF beside LF, Step LF forward  
3&4      Step RF forward, ¼ Turn left stepping LF beside RF, Step RF forward