

# Seven Minutes in Heaven

COPPER KNOB  
STEPPERS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Nicole Woodley (NZ) - October 2023  
音乐: Seven Minutes In Heaven - Reba McEntire



Start 16 counts in, weight on L.

**[1-8]: R Cross Weave, Cross Rock, R ¼ Turn Shuffle (3:00)**

1 2 3 4      Cross R over L, Step L to L side, Step R behind L, Step L to L side,  
5 6 7&8      Cross Rock R over L, R ¼ Turn Shuffle to 3:00

**[9-16]: L Rock Recover, L Back Coaster, R ½ Turn Pivot (9:00), Walk R, L**

1 2 3&4      L Rock Fwd, Recover back onto R, L Back Coaster,  
5 6 7 8      Step R fwd, ½ Turn over L shoulder to 9:00, Walk R fwd, Walk L fwd

**[17-24]: R Fwd, Hold, Ball Step, Rock Recover, R Back, Hold, Ball Step, Back Recover**

1 2      Step R Fwd, Hold,  
&3 4      L Ball fwd, Step R Fwd Rock, Recover back onto L  
5 6      Step R Back, Hold  
&7 8      L Ball back, Step R Back Rock, Recover fwd onto L

**[25-32]: Step R, ¼ Turn (6:00), R Cross Shuffle, L Side Rock Recover, L Behind & Cross**

1 2 3&4      Step R Fwd, L ¼ Turn to 6:00, R Cross Shuffle over L,  
5 6      L Side Rock to L side, Recover back onto R,  
7&8      Step L Behind R, Step R to R side, Cross L over R

**[33-40]: R Side Rock Recover, R Sailor, L Sailor, R Rock Back Recover**

1 2      R Side Rock to R side, Recover back onto L,  
3&4      (R Sailor) Step R behind L, Step L to L side, Step R to R side,  
5&6      (L Sailor) Step L behind R, Step R to R side, Step L to L side,  
7 8      R Rock Back, Recover fwd onto L

**[41-44]: R ½ Turn Shuffle over L Shoulder (12:00), L Back Rock Recover,**

1&2 3 4      R ½ Turn Shuffle over L Shoulder to 12:00, L Back Rock, Recover fwd onto R,

**[45-48]: L ½ Turn Shuffle over R Shoulder (6:00), R Back Rock Recover**

5&6 7 8      L ½ Turn Shuffle over R Shoulder to 6:00, R Back Rock, Recover fwd onto L,

**[49-56]: R Cross Point, L Cross Samba, R Cross Point, L Cross Samba**

1 2 3&4      Cross R over L, Point L to L side, L Cross Samba over R  
5 6 7&8      Cross R over L, Point L to L side, L Cross Samba over R

**[57-64]: R Rock Recover, R ½ Shuffle (12:00), Step L ½ Turn (6:00), L shuffle Fwd.**

1 2 3&4      R Rock Recover, R ½ Turn Shuffle over R shoulder to 12:00,  
5 6 7&8      Step L ½ Turn over R shoulder to 6:00, Shuffle L Fwd.

Start dance again facing 6:00

**TAG: End of Wall 2 (facing 12:00), 12 whole counts**

1 2 3 4      R Rocking Chair,  
5 6 7 8      Step R fwd, ½ turn pivot to 6:00, Step R fwd, ½ turn pivot to 12:00,  
1 2 3 4      R Rocking Chair

**RESTART: Wall 5**

**Dance to Count 32 and start again (facing 6:00)**

**ENDING: Wall 7**

**Dance to Count 32 (facing 6:00) and Step R fwd and ½ Turn Pivot to 12:00 to finish dance.**

**Last Update: 10 Oct 2023**

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