

# 7 Days a Week

COPPER KNOB  
STEPSHETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Lee-Ann Desmarais (CAN) - May 2024  
音乐: 7 Days a Week - Nora & Chris



Intro: 32 counts

## Section 1: SIDE ROCK BEHIND SIDE CROSS 2X

1-2            Rock R to R side, recover on L  
3&4           Cross R behind L, Step L to L, cross R over L  
5-6            Rock L to L side, recover on R  
7&8            Cross L behind R, Step R to R, cross L over R

## Section 2: ROCK/RECOVER, ½ SHUFFLE, ROCK/RECOVER, COASTER STEP

1-2            Rock R forward, recover on L  
3&4            Turn ½ R stepping R forward, step L beside R, Step R forward  
5-6            Rock L forward, recover on R  
7&8            Step L back, Step R beside L, Step L forward

## Section 3: DOROTHY STEP 2X, HEEL SWITCHES, HEEL TWIST

1-2&           Step R to R diagonal, lock L behind R, Step slightly forward on R  
3-4&           Step L to L diagonal, lock R behind L, Step slightly forward on L  
5&6&           Tap R heel forward, R back next to L, tap L heel forward, L back next to R  
7&8            Step R forward, twist heels to the R, bring heels back

## Section 4: BACK LOCK STEP, COASTER STEP, HEEL GRIND ¼, ROCK BACK

1&2            Step R back, Lock L over R, Step R back  
3&4            Step L back, Step R next to L, Step L forward  
5-6            Grind R heel ¼ to R, weight back on L  
7-8            Rock R back, recover on L

ENJOY!!