

# Seven Days

拍数: 32      墙数: 0      级数: beginner - Contra Circle  
编舞者: Bobby Chong (CAN) - September 2024  
音乐: Seitse Pühapäeva - Karl-Erik Taukar  
或: Get Down On It - Kool & The Gang



Get Down On It - Kool & The Gang (alternate song for teaching - slower pace)

Start: 32 counts – start dancing on lyrics

LOD: Partners stand face to face in a big circle facing inwards and outwards.

## TOE HEEL STOMP IN PLACE X 2

- 1            Touch R toe in towards left instep turning knee in,
- 2            Touch R heel diagonally forward turning knee out
- 3&4        Stomp R, L, R in place
- 5            Touch L toe in towards right instep turning knee in,
- 6            Touch L heel diagonally forward turning knee out
- 7&8        Stomp L, R, L in place

## STEP KICKS WITH INSTEP TAPS X 4

- 1-2        Step R to right side, hitch L foot to meet your partners L instep
- 3-4        Step L to left side, hitch R foot to meet your partners R instep
- 5-6        Step R to right side, hitch L foot to meet your partners L instep
- 7-8        Step L to left side, hitch R foot to meet your partners R instep

## VINE R, TOUCH, HIGH FIVE, VINE L, TOUCH

- 1-4        Step R to right, step L behind right, step R to right, touch L beside R and high five your new partner with your right hand
- 5-8        Step L to left, step R behind left, touch R beside L

## STEP PIVOT ½ TURN X 2, SIDE TOGETHER, SIDE STOMP

- 1-4        Step R forward, pivot ½ turn left, step R forward, pivot ½ turn left
- 5-8        Step R to right side, step L beside right, step R to right side, stomp L beside right

REPEAT

Last Update - 6 Nov. 2024 - R1