

# Seven Lonely Days

**COPPERKNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Maryloo (FR) - February 2025  
音乐: Seven Lonely Days - Bouke : (Album : For The Good Time)



No Tag, No Restart

## TOE STRUT, CROSS TOE STRUT, SIDE SHUFFLE, ROCK BACK

1-2      Step R Toe to side, Drop R Heel  
3-4      Cross L Toe over R, Drop L Heel  
5&6      Step R to side, step L next to R, step R to side  
7-8      L rock back, recover on R

## TOE STRUT, CROSS TOE STRUT, SIDE SHUFFLE, ROCK BACK

1-2      Step L Toe to side, Drop L Heel  
3-4      Cross R Toe over L, Drop R Heel  
5&6      Step L to side, step R next to L, step L to side  
7-8      R rock back, recover on L

## PIVOT ½ TURN, SHUFFLE FORWARD, PIVOT ¼ TURN, SHUFFLE FORWARD

1-2      Step R forward, pivot ½ turn L ( weight on L)  
3&4      Step R forward, step L next to R, step R forward  
5-6      Step L forward, pivot ¼ turn R ( weight on R)  
7&8      Step L forward, step R next to L, step L forward

## SIDE, HOLD, BALL SIDE, TOUCH, ROLLING VINE TO L SIDE

1-2      Step R to side, Hold  
&3-4      Ball step L next to R, Step R to side, Touch L next to R  
5-6      ¼ turn to L stepping L forward, ½ turn to L stepping R back  
7-8      ¼ turn to L, stepping L to side, touch R next to L

Have Fun !

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