

Seven-Year Ache

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Robert Pearson (AUS)
音乐: Seven Year Ache - Trisha Yearwood



- 1-2-3&4 Step right forward, step left forward, shuffle forward right-left-right
5-6-7&8 Rock left forward, step right back turning full turn left step left-right-left
- 1-2-3&4 Cross right over left, step left to side, step right behind left, step left to side, touch right toe to side
5-6-7&8 Turning ½ turn right step right beside left, touch left toe to side, kick left across right, step left to side, step right in front of left
- 1-2-3-4 Touch left toe to side, step left in front of right, touch right toe to side, turning ½ turn right step right beside left
5-6&7&8 Touch left toe to side, touch left beside right, jump back on to left, touch right heel forward, step right beside left, step left forward
- 1-2-3&4 Rock forward onto right, step back left, turning 1 ½ right step right-left-right
5-6-7&8 Rock forward onto left, step back right, turning 1 ½ left step left-right-left
- 1-2-3&4 Step right to side on ball of foot, drop right heel, step left behind right, step right to side, step left in front of right
5&6&7&8 Touch right toe to side, step right beside left, touch left toe to side, step left beside right, touch right toe to side, step right beside left, touch left toe to side
- 1-2-3-4 Turning full turn left step left-right-left, cross right in front of left
&5&6-7&8 Step left to side, step right behind left, step left to side, touch right heel forward at 45 degrees, hold, step right behind left, step left forward
- 1-2-3&4 Step right in front of left, step left back, turning full turn right step right-left-right
5-6-7&8 Step left in front of right, step right back, turning full turn left step left-right-left
- 1-2-3-4 Step right in front of left, touch left toe to side, step left in front of right, touch right toe to side
5-6-7&8 Cross right in front of left, unwind ½ turn left taking weight onto right, step back left, step right beside left, step left forward

REPEAT

RESTART

Restart dance 32 counts into the second wall