

# Go Seven

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Ria Vos (NL) - November 2011  
音乐: Seven Lonely Days - Bouke



Alt. Music: Go by The Refreshments, CD: Rarities (fast)

Intro for Bouke – 24 counts; [Intro for The Refreshments – 32 counts]

## R Heel Grind, Fwd, Coaster Step, L Rock Fwd, Shuffle ½ Turn L

1-2            Grind R heel Fwd, Recover on L  
3&4           Step Back on Ro, Step L next to R, step Fwd on R  
5-6            Rock Fwd on L, Recover on R  
7&8            Shuffle ½ Turn Left Stepping L, R, L (6:00)

## R Heel Grind Fwd, Coaster Step, Point Fwd, Point Side, & Side Point, Hitch

1-2            Grind R Heel Fwd, Recover on L  
3&4            Step back on R, Step L next to R, step Fwd on R  
5-6            L Point Fwd, L Point to Left Side  
&7-8          Step L next to R, Point R to Right Side, Hitch R

## Chasse R, Rock Back, Side, Hold/Clap & Side, Hold/Clap

1&2            Step R to Right Side, Step L next to R, Step R to Right Side  
3-4            Rock Back on L, Recover on R  
5-6            Step L to Left side, Hold/Clap  
&7-8          Step R next to L, Step L to Left side, Hold/Clap

## Jazz Box ¼ Turn R, Point, Step Fwd, Point, Step Fwd

1-2            Cross R over L, Step back on L ¼ Turn Right (9:00)  
3-4            Step R to Right side, Cross L over R  
5-6            Point R to Right Side, Step Fwd on R  
7-8            Point L to Left Side, Step Fwd on L

---