

# Seven

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Lynn Antonucci (USA) - September 2012  
音乐: Seven Lonely Days - Bouke



After 8 counts, Start the Dance

## [1-16] DANCE INTRODUCTION

Dance the First 16 Counts, Then Restart the Dance From the Beginning

### [1-8] CHASSE, ROCK BACK, REC, CHASSE, ROCK BACK, REC

1&2                      Step R To R Side, Step Left Beside R, Step R To R Side  
3-4                      Rock L Back Behind R, Rec R  
5&6                      Step L To L Side, Step R Beside L, Step L To L Side  
7-8                      Rock R Back Behind L, Rec L

### [9-16] 360 DEGREE TURNING VINE

1-2                      Step R To R Side, Step L Behind R  
3-4                      Step R  $\frac{1}{4}$  R, Step L Next To R Turning  $\frac{3}{4}$  R ( 3:00, 6:00,12:00 )  
5-6                      Step R Over L, Rec L  
7-8                      Step R Behind L, Rec L

### [17-24] KICK, BALL, SIDE TOUCH, KICK, BALL, SIDE TOUCH, HEEL FWD, HEEL FWD, HEEL FWD, HEEL FLICK BACK TURNING $\frac{1}{4}$

1&2                      Kick R, R Ball Step, Touch L Toe To L Side  
3&4                      Kick L, L Ball Step, Touch R Toe To R Side  
5&6&                      Tap R Heel Fwd, Rec R, Tap L Heel Fwd, Rec L  
7&8                      Tap R Heel Fwd, Flick R Heel Back, Turning  $\frac{1}{4}$  L ( 9:00 )

### [25-32] SHUFFLE FWD, PIVOT $\frac{1}{2}$ , SHUFFLE FWD, LINDY TWIST

1&2                      Shuffle R Fwd, (RLR)  
3-4                      Step L Fwd, Pivot  $\frac{1}{2}$  Turn R, Rec R ( 3:00 )  
5&6                      Shuffle L Fwd, (LRL)  
7-8                      Step R To R Diagonal, Step L To L Diagonal

Repeat the Dance

#### DANCE ENDING:

After the 11th Rotation, Facing the 9:00 Wall, Dance the First 16 Counts.  
Substitute the  $\frac{1}{2}$  R Turn With A  $\frac{3}{4}$  R Turn and the Dance Will Finish Facing 12:00

Enjoy!

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