

# 7 Years Old

拍數: 64                      牆數: 2                      級數: Intermediate  
編舞者: Chris Hodgson (UK) - April 2016  
音樂: 7 Years - Lukas Graham : (amazon)



## No Tags Or Re-Starts - Intro 32 Counts

### [1-8] □ FORWARD ROCK-1/2 TURN-HOLD / STEP-1/4 TURN / CROSS-SWEEP FORWARD

1-2                      Step Forward On Right, Rock Weight Back Onto Left  
3-4                      1/2 Turn Right Stepping Forward On Right, HOLD (6)  
5-6                      Step Forward On Left, Pivot 1/4 Turn Right (9)  
7-8                      Cross Left Over Right, Sweep Right Around To Front

### [9-16] □ CROSS-BACK-SIDE-CROSS / SIDE-SLIDE / & CROSS-UNWIND 1/2 TURN

1-4                      Cross Step Right Over Left, Step Back On Left, Step Right To Right Side, Cross Left Over Right  
5-6                      Long Step Right To Right Side, Slide Left Up To Right  
8&7-8                      Step Left Next To Right, Cross Right Over Left, Unwind 1/2 Turn Left (Weight On Left) (3)

### [17-24] □ SIDE ROCK-CROSS-HOLD / STEP SIDE-1/4 TURN-STEP-HOLD

1-2                      Step Right To Right Side, Rock Weight Onto Left  
3-4                      Cross Right Over Left, HOLD  
5-8                      Step Left To Left Side, Pivot 1/4 Turn Right, Step Forward On Left, HOLD (6)

### [25-32] □ 1/4 MONTEREY TURN / STEP-1/4 TURN-STEP-1/4 TURN

1-2                      Point Right To Right Side, 1/4 Turn Right Stepping Right Next To Left (9)  
3-4                      Touch Left To Left Side, Step Left Next To Right  
5-6                      Step Forward On Right, Pivot 1/4 Turn Left (6)  
7-8                      Step Forward On Right, Pivot 1/4 Turn Left (3)

### [33-40] □ FORWARD-SWEEP / FORWARD-SWEEP / JAZZ BOX

1-4                      Step Forward On Right, Sweep Left Forward, Step Forward On Left, Sweep Right Forward  
5-8                      Cross Right Over Left, Step Back On Left, Step Right To Right Side, Step Forward On Left

### [41-48] □ FORWARD ROCK-1/4 TURN-HOLD / CROSS-1/4 TURN-1/4 TURN-CROSS

1-2                      Step Forward On Right, Rock Weight Back Onto Left  
3-4                      1/4 Turn Right Stepping Right To Right Side, HOLD (6)  
5-6                      Cross Left Over Right, 1/4 Turn Left Stepping Back On Right (3)  
7-8                      1/4 Turn Left Stepping Left To Left Side, Cross Right Over Left (12)

### [49-56] □ SIDE ROCK-CROSS-HOLD / TOUCH SIDE-HOLD / SAILOR STEP

1-4                      Step Left To Left Side, Rock Weight Onto Right, Cross Left Over Right, HOLD  
5-6                      Touch Right Toes To Right Side, HOLD  
7&8                      Cross Right Behind Left, Small Step Left To Left Side, Small Step Right To Right Side

### [57-64] □ BACK ROCK / 1/4 TURN-HOLD / STEP-1/4 TURN / WALK FORWARD x 2

1-2                      Step Back On Left, Rock Weight Forward Onto Right  
3-4                      1/4 Turn Left stepping forward on left, HOLD (9)  
5-6                      Step Forward On Right, Pivot 1/4 Turn Left (6)  
7-8                      Step Forward On Right, Step Forward On Left

\*\*\*DANCE FINISHES ON WALL 7 AT COUNT 40\*\*\*

I LOVE THIS TRACK AND I HOPE YOU DO TOO!!!! Xxx

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