

# 7 Rings

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Hiroko Carlsson (AUS) - March 2019  
音樂: 7 rings - Ariana Grande : (iTunes)



(Intro: 16 counts)

## [S1] Fwd, Full Turn, Cross Rock-Recover, 3/4R Flip Turn, 1/2L Flip Turn

- 1 2            Step forward on L, Make a ½ turn left stepping back on R  
3 4 a        Make a ½ turn left stepping forward on L, Rock/cross R over L, Recover weight on L  
5 a6        Make a ¼ turn right stepping forward on R, Make a ½ turn right stepping back on L,  
              Rock/step back on R (9:00)  
7 a8        Recover weight on L, Make a ½ turn left stepping back on R, Step back on L (3:00)

## [S2] Back w/ Sweep, Behind-Side, Back w/ Sweep, Back w/ Cross Touch, Turning Waltz, Fwd, Fwd

- 1 2 a        Step back on R and sweeping L around R, Step L behind R, Step R to side  
3 4        Step back on L and sweeping R around L, Step back on R w/ L cross touch  
5&a        Step forward on L, Make a ½ turn left stepping back on R, Step L next to R (9:00)  
6&a        Step back on R, Make a ½ turn left stepping forward on L, Step R next to L (3:00)  
7 8        Step forward on L, Step forward on R

## [S3] Step-Pivot 1/2R, Full Turn, Step-Lock-Step, Step-Pivot 1/2L, Full Turn, Step-Pivot 1/4L-Cross

- 1 a        Step forward on L, Make a ½ turn right recover weight on R (9:00)  
2 a        Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R  
3 a4        Step forward on L, Lock/step R behind L, Step forward on L  
5 a        Step forward on R, Make a ½ turn left recover weight on L (3:00)  
6 a        Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L  
7 a8        Step forward on R, Make a ½ turn left recover weight on L, Cross R over L (12:00)

## [S4] 2x Side-Rock Behind, Side, Behind, 1/4 Fwd w/ 1/4 Hitch, Cross, Side, Back w/ Hook

- 1 a2        Step L to left, Rock/step R behind L, Recover weight on L  
3 a4        Step R to right, Rock/step L behind R, Recover weight on R  
5 a6        Step L to side, Step R behind L, Make a ¼ turn left stepping forward on L as you hitch R  
              knee & continue making a further ¼ turn left (6:00)  
7 a8        Cross R over L, Step L to left, Step back on R w/ L hook

Repeat

Ending:-  
Section 3

- 5 a        Step forward on R, Make a ½ turn left recover weight on L  
6        Make a ½ turn left stepping back on R,  
7 8        Make a ¼ turn left stepping L to left, Drag R together (12:00)

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)  
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