

# 7 Lonely Days

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Winnie Yu (CAN) - August 2024  
音樂: Seven Lonely Days - Bonnie Lou



## Intro -16 count

\*This dance is dedicated to Ontario Health Region (Toronto & Central) 65+ line dance classes.

### Section 1: Kick, Step, Side, Tog, Side, Touch

1-2-3-4      Kick R Fwd, Step R next to L, Kick L Fwd, Step L next to R  
5-6-7-8      Step R to R Side, Step L beside R, Step R to R Side, Touch L next to R

### Section 2: Kick, Step, Side, Tog, Side, Touch

1-2-3-4      Kick L Fwd, Step L next to R, Kick R Fwd, Step R next to L  
5-6-7-8      Step L to Left Side, Step R next to L, Step L to L Side, Touch R next to L

### Section 3: Toe Strut x 2, Side, Recover, Cross

1-2-3-4      Touch R toes to Right Side, Step R heel down, Cross Touch L toes over R, Step L heel down (1:30)  
5-6-7-8      Rock R to R Side, Recover onto L, Cross R over L, Hold (12:00)

### Section 4: Travelling Swivels ("Rambles") to Left. Heels, Toes, Heels, Hold, Jazz Box ¼ turn R

1-2-3-4      Moving to L Side: Swivel both heels to Left, Both Toes to L, Both Heels To L. Hold  
5-6-7-8      Cross R over L, Make a ¼ turn R and Step Back on L, Step R to R Side, Step Forward on L

## Enjoy with Smiles