

# Seven Days

拍數: 32      牆數: 0      級數: beginner - Contra Circle  
編舞者: Bobby Chong (CAN) - September 2024  
音樂: Seitse Pühapäeva - Karl-Erik Taukar  
或: Get Down On It - Kool & The Gang



Get Down On It - Kool & The Gang (alternate song for teaching - slower pace)

Start: 32 counts – start dancing on lyrics

LOD: Partners stand face to face in a big circle facing inwards and outwards.

## TOE HEEL STOMP IN PLACE X 2

1            Touch R toe in towards left instep turning knee in,  
2            Touch R heel diagonally forward turning knee out  
3&4        Stomp R, L, R in place  
5            Touch L toe in towards right instep turning knee in,  
6            Touch L heel diagonally forward turning knee out  
7&8        Stomp L, R, L in place

## STEP KICKS WITH INSTEP TAPS X 4

1-2        Step R to right side, hitch L foot to meet your partners L instep  
3-4        Step L to left side, hitch R foot to meet your partners R instep  
5-6        Step R to right side, hitch L foot to meet your partners L instep  
7-8        Step L to left side, hitch R foot to meet your partners R instep

## VINE R, TOUCH, HIGH FIVE, VINE L, TOUCH

1-4        Step R to right, step L behind right, step R to right, touch L beside R and high five your new partner with your right hand  
5-8        Step L to left, step R behind left, touch R beside L

## STEP PIVOT ½ TURN X 2, SIDE TOGETHER, SIDE STOMP

1-4        Step R forward, pivot ½ turn left, step R forward, pivot ½ turn left  
5-8        Step R to right side, step L beside right, step R to right side, stomp L beside right

REPEAT

Last Update - 6 Nov. 2024 - R1