

Seven Year Ache

拍數: 32 牆數: 4 級數: Improver
編舞者: Alice Daugherty (USA) & Tim Hand (USA)
音樂: Seven Year Ache - Rosanne Cash



WALK, WALK FULL TURN ¼ TURN CROSSING TRIPLE

1-2 Step forward with right foot, step forward with left foot
3-4 Pivot ½ turn to left stepping right back, pivot ½ turn to left stepping left forward
5-6 Step right foot forward, pivot ¼ turn to left shifting weight to left
7&8 Cross right in front of left, step left to side, cross right in front of left

STEP TOUCHES WITH TURNS, BOX STEP

1-2 Step left to side touch right next to left
3-4 Step right back making ¼ turn to right touch left next to right
5-6 Step left forward making ¼ to right touch right next to left
7-8 Step right back making ¼ turn to right touch left next to right

WEAVE TO LEFT WITH A FOOT SWEEP

1-2 Step left to side, step right behind left
3-4 Step left to side, step right in front of left
5-6 Step left to side, step right behind left
7-8 Sweep left behind right, step on left

STEP CROSS TURN BACK LOCK BACK ROCK FORWARD AND BACK

1-2 Step right to side, cross left in front of right
3&4 Step right back making ¼ turn left, lock left in front of right, step right back
5-6 Rock back on left, recover on right
7-8& Rock forward on left, recover on right step back on ball of left

REPEAT
