

# Seven Year Ache

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver social cha  
編舞者: Lisa Ferguson (UK)  
音樂: Seven Year Ache - Trisha Yearwood



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## SIDE ROCK, REPLACE, RIGHT KICK BALL TAP, SIDE, TOGETHER, LEFT CHASSE WITH ¼ TURN LEFT

1-2            Step right to right side rocking weight onto right, replace weight back onto left  
3&4           Kick right forward, step down on ball of right, tap left toe in front of right  
5-6           Step left to left side, close right beside left  
7&8           Step left to left side, close right beside left, step left ¼ turn left

## STEP ¼ PIVOT LEFT, CROSS SHUFFLE, LEFT SIDE ROCK, REPLACE, BEHIND, SIDE, FORWARD

1-2            Step forward on right, on balls of both feet pivot ¼ turn left  
3&4            Cross right over left, step left to left side, cross right over left  
5-6            Step left to left side rocking weight onto left, replace weight back onto right  
7&8            Cross left behind right, step right to right side, step forward on left

## STEP ½ PIVOT, SHUFFLE ¼ TURN, BACK ROCK, REPLACE, LEFT KICK BALL CROSS

1-2            Step forward on right, on balls of both feet pivot ½ turn left  
3&4            Making ¼ turn on left step right to right side, close left beside right, step right to right side  
5-6            Rock back on left, replace weight forward onto right  
7&8            Kick left forward, step down on ball of left, tap right toe in front of left

## STEP, LOCK, STEP, LOCK, STEP, ROCK, REPLACE, SHUFFLE ½ TURN LEFT

1-2            Step forward on right, lock left behind right  
3&4            Step forward on right, lock left behind right, step forward on right  
5-6            Rock forward on left, replace weight back onto right  
7&8            Make ½ turn shuffle left stepping left, right, left

**REPEAT**

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