

# 7 Days 7 Nights

**COPPER KNOB**  
STEPPEDETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Josie Lim (MY) - August 2007  
音樂: Seven Days - Helena Paparizou



**Intro: Slow count start after 2x8 (16 counts) Dance direction: counterclockwise**

**1 Restart: DURING 3rd Wall AFTER 8 counts Restart facing 9:00**

**TAP R TOE 2X, LONG R TO SIDE, VINE TO DIAGONAL R, PRESS L, HOLD, RECOVER, TOUCH L TOE BEHIND R, UNWIND 7/8 L**

1& 2      Tap R toe next to L, Tap R toe out slightly R, long step R to R  
3&      Step L behind R, turn body to diagonal R (1/8 R) step R slightly fwd (1:30)  
4      Still facing R diagonal, Press L foot fwd with weight (foot should be flat on floor, L knee bend, R leg should be straight)  
5      Hold  
6      Recover weight onto R  
7, 8      Touch L toe behind R heel, Unwind 7/8L squaring up to 3 o'clock Weight on L

**#RESTART here DURING 3rd wall, you will be facing 9:00**

**R SIDE ROCK CROSS, BALL CROSS, L FWD ROCK, RECOVER, ½ L TURN, RUN FWD ON R-L-R, SIT & DRAW SLOWING L ACROSS R (NO WEIGHT)**

1&2      Side Rock R to R, recover on L, cross R over L  
& 3      Step ball of L to L, Cross R over L  
4&5      L fwd rock, recover R, turn ½ L step fwd L (9:00)  
6&7      "Run" fwd on R-L-R  
8 - 1      Gradually SIT onto R, slowly over 2 counts draw L from back to across R and fwd without weight point L toe fwd

**LEFT SAILOR ¼ L TURN, FULL R TURN, SWAY L-R-L**

2&3      Sweep L do Sailor ¼ L turn stepping L to L side (6:00)  
4&5      Full R turn stepping on R-L-R  
6, 7, 8      Sway to L-R-L

**R BACK ROCK, RECOVER, ½ L TURN, DIAGONAL BACK ZIZ-ZAG, L TOE DRAW TURN 1/4 L**

1&2      Rock back on R, recover on L, turn 1/2L step R back (12:00)  
3&4      Cross L over R, step R back to R diagonal, step L back to L diagonal  
5&6      Cross R over L, step L back to L diagonal, step R back to R diagonal  
7, 8      Draw an imaginary circle with L toe counter-clockwise, turn ¼ L step L next to R (9:00)

**Start again**

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