

# 7 Days 7 Nights

**COPPERKNOB**  
STEPSHEETS

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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