

# 7 Nights 2 Rock

**COPPERKNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Frida Axelsson (SWE) - July 2007  
音樂: Seven Nights to Rock - The Refreshments



**Intro: They count in for you ;-)**

or you can dance it to any quick rock?n?roll music!

**KICK RF FWD, HOOK BEHIND AND SLAP, RIGHT CHASSE ¼ TURN R, SCUFF LF, SCOOT RF, TURN ½ R, STEP BACK, STEP BESIDE**

- 1 RF kick forward
- 2 RF hook behind LF and slap with left hand
- 3 RF step side right
- & LF step beside RF
- 4 RF step side right, turn ¼ right
- 5 LF scuff forward
- & RF scoot forward, turn ¼ right
- 6 LF step down
- 7 RF turn ¼ right, step in place
- 8 LF step beside RF, shoulder wide apart

**R KNEEPOP, SYNCHOPATED JUMPS LEFT AND RIGHT, STEP TURN ½ R, CLAP, POINT BACK, TURN ½ R, CLAP**

- 1 RF pop knee in
- 2 RF pop knee out
- & LF jump side left
- 3 RF jump beside LF
- & RF jump side right
- 4 LF jump beside RF
- 5 LF step forward
- 6 LF turn ½ right, clap
- 7 RF point behind
- 8 RF turn ½ right, clap

**LEFT SHUFFLE FWD, (CLAP), RIGHT SHUFFLE FWD, (CLAP)**

- 1 LF step forward
- 2 RF step beside LF
- 3 LF step forward
- 4 clap if you want to
- 5 RF step forward
- 6 LF step beside RF
- 7 RF step forward
- 8 clap if you want to

**STEP LF FWD, TOUCH R TOES BEHIND, STEP DOWN RF, HITCH LF, STEP LF DOWN, SWEEP RF TURNING ¼ R, STEP LF DOWN**

- 1 LF step forward
- 2 RF touch toes behind LF
- 3 RF step in place
- 4 LF hitch
- 5 LF step in place
- 6 RF sweep from left to right and turn ¼ right
- 7 RF step in place
- 8 LF step beside RF

**TOUCH, FLICK AND SLAP, TOUCH, HOOK AND SLAP, STEP, HOOK BEHIND AND SLAP, STEP DOWN, SWIVEL RIGHT**

- 1 RF touch beside LF
- 2 RF flick and slap with right hand
- 3 RF touch beside LF
- 4 RF hook in front of LF, slap with left hand
- 5 RF step in place
- 6 LF hook behind RF, slap with right hand
- 7 LF step in place
- 8 weight on toes LF and heel RF, swivel right

**FLICK SAILOR TURN ½ LEFT, KICK BALL CHANGE, CLAP**

- 1 RF weight on
- 2 LF flick, turn ½ left
- 3 LF step back
- 4 RF step beside LF
- 5 LF step forward
- 6 RF kick forward
- & RF step in place
- 7 LF step in place
- 8 clap

**Move your feet and enjoy, good luck!**

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