

Seven

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lynn Antonucci (USA) - September 2012
音樂: Seven Lonely Days - Bouke



After 8 counts, Start the Dance

[1-16] DANCE INTRODUCTION

Dance the First 16 Counts, Then Restart the Dance From the Beginning

[1-8] CHASSE, ROCK BACK, REC, CHASSE, ROCK BACK, REC

1&2 Step R To R Side, Step Left Beside R, Step R To R Side
3-4 Rock L Back Behind R, Rec R
5&6 Step L To L Side, Step R Beside L, Step L To L Side
7-8 Rock R Back Behind L, Rec L

[9-16] 360 DEGREE TURNING VINE

1-2 Step R To R Side, Step L Behind R
3-4 Step R $\frac{1}{4}$ R, Step L Next To R Turning $\frac{3}{4}$ R (3:00, 6:00,12:00)
5-6 Step R Over L, Rec L
7-8 Step R Behind L, Rec L

[17-24] KICK, BALL, SIDE TOUCH, KICK, BALL, SIDE TOUCH, HEEL FWD, HEEL FWD, HEEL FWD, HEEL FLICK BACK TURNING $\frac{1}{4}$

1&2 Kick R, R Ball Step, Touch L Toe To L Side
3&4 Kick L, L Ball Step, Touch R Toe To R Side
5&6& Tap R Heel Fwd, Rec R, Tap L Heel Fwd, Rec L
7&8 Tap R Heel Fwd, Flick R Heel Back, Turning $\frac{1}{4}$ L (9:00)

[25-32] SHUFFLE FWD, PIVOT $\frac{1}{2}$, SHUFFLE FWD, LINDY TWIST

1&2 Shuffle R Fwd, (RLR)
3-4 Step L Fwd, Pivot $\frac{1}{2}$ Turn R, Rec R (3:00)
5&6 Shuffle L Fwd, (LRL)
7-8 Step R To R Diagonal, Step L To L Diagonal

Repeat the Dance

DANCE ENDING:

After the 11th Rotation, Facing the 9:00 Wall, Dance the First 16 Counts.
Substitute the $\frac{1}{2}$ R Turn With A $\frac{3}{4}$ R Turn and the Dance Will Finish Facing 12:00

Enjoy!

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