

7 Tears

拍數: 64 牆數: 4 級數: Phrased Easy Intermediate
編舞者: GS Ang (MY) & Tina Chen (TW) - February 2013
音樂: Sieben Tranen muss ein Madchen weinen (Dj Jupp Fox Mix Live) by Ina Colada



Sequence Of Dance : ABBA/ABBA/AAA
Start the dance on vocal after 32 counts.

SECTION A - 32 counts

SIDE ROCK, HEEL SWITCHES, CROSS, SIDE, SAILOR-CROSS

1-2 Rock right to right side, recover onto left
3&4& Touch right heel forward, step right together, touch left heel forward, step left together
5-6 Cross right over left, step left to left side
7&8 Cross right behind left, step left to left side, cross right over left

HIP SWAYS, TOUCH, RIGHT ROLLING VINE, TOUCH

1-2 Sway hips left, sway hips right
3-4 Sway hips left , touch right together
5-7 Right rolling vine on RLR
8 Touch left together

CROSS, RECOVER, SIDE, CROSS, SYNCOPATED LEFT VINE

1-2 Cross left over right, recover onto right
3-4 Step left to left side, cross right over left
5-6 Step left to left side, cross right behind left
&7-8 step left to left side, cross right over left, step left to left side

SIDE, TOGETHER, 1/4 TURN RIGHT, RIGHT & LEFT DIAGONAL FORWARD LOCK STEPS

1-2 Step right to right side, step left together
3&4 1/4 turn right, forward lock steps along right diagonal on RLR
5-6 Step left forward to left diagonal, lock right behind left
7&8 Forward lock steps on LRL

SECTION B - 32 counts

RIGHT, TOUCH, LEFT, TOUCH, RIGHT ROLLING VINE, TOUCH

1-2 Step right to right side, touch left together
3-4 Step left to left side, touch right together
5-8 Right rolling vine on RLR, touch left together

LEFT, TOUCH, RIGHT TOUCH, LEFT ROLLING VINE, TOUCH

1-2 Step left to left side, touch right together
3-4 Step right to right side, touch left together
5-8 Left rolling vine on LRL, touch right together

WALK FORWARD RLRL, HIP SWAYS

1-2 Step right forward, walk left forward
3-4 Step right forward, walk left forward
5-8 Sway hips RLRL

ROCKING CHAIR, PIVOT 1/2 TURN LEFT, PIVOT 1/4 TURN LEFT

1-2 Rock right forward, recover onto left
3-4 Rock right back, recover onto left
5-6 Step right forward, pivot 1/2 turn left

7-8 Step right forward, pivot 1/4 turn left

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