

Seven Days

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Chris Jackson (UK) - August 2013
音樂: Seven Days - Tammi Lavette : (Album: Tammi Lavette Selected Hits)



32-count intro from bass – Start on vocal. 1 restart

RIGHT ROCKING CHAIR, STEP TURN, FULL TURN

1,2,3,4,5,6,7,8 Rock forward right, recover left, rock back right, recover left, forward right, half-turn left, half-turn left (back on right), half-turn left (forward left)

FORWARD ROCK-TOUCH TURN, FORWARD ROCK –TOUCH TURN

9,10,11,12 Rock forward right, recover left, touch right back, unwind half-turn right
13,14,15,16 rock forward left, recover right, touch left back, unwind half-turn left

PIVOT A QUARTER, CROSS SHUFFLE, SIDE ROCK, BEHIND-SIDE-CROSS

17,18,19&20 Step forward right, pivot a quarter-turn left, cross right over left, left to left
21,22,23&24 side, cross right over left, rock left to left side, recover right, left behind right, right to right side, cross left over right

PADDLE ONCE, PADDLE TWICE, PUSH TURN, PUSH TURN

25,26,27,28 Step forward right on right diagonal of 3 o'clock wall, paddle a quarter-turn
29,30,31,32 left, step forward on right diagonal of 12 o'clock wall, paddle a quarter-turn left (you should now be facing the left diagonal of the 12 o'clock wall), forward right, pivot half-turn left (push turn), forward right, pivot half-turn left (push turn)

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE

33&34,35,36 Straighten up to the 12 o'clock wall as you cross right over left, left to left
37&38,39,40 side, cross right over left, rock left to left side, recover right, cross left over right, right to right side, cross left over right, make a quarter-turn left as you step back on right, left to left side

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE

41&42,43,44 Cross right over left, left to left side, cross right over left, rock left to left
45&46,47,48 side, recover right, cross left over right, right to right side, cross left over right, make a quarter-turn left as you step back on right, left to left side

CROSS ROCK, SHUFFLE TURN, SHUFFLE TURN, SHUFFLE TURN

49,50, 51&52 Cross right over left, recover on left, shuffle a quarter-turn right, shuffle a
53&54,55&56 half-turn right, shuffle a half-turn right

FORWARD AND BACK, CROSS, BACK, TURN, SHUFFLE LEFT

57,58,59,60 Rock forward left, recover right, step back on left, cross right over left, step
61,62,63&64 back on left, make a quarter-turn right stepping forward on right, shuffle forward left-right-left

CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP

65,66,67,68 Cross right over left, point left to left side, cross left over right, point right to
69,70,71,72 to right side, cross right over left, step back left, right to right side, step forward left

FORWARD ROCK AND SHUFFLE HALF TURN, FORWARD ROCK AND COASTER STEP

73,74,75&76 rock forward on right, recover on left, shuffle a half-turn right,
77,78,79&80 rock forward on left, recover on right, step back left, right next to left, forward on left

CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP

81,82,83,84 Cross right over left, point left to left side, cross left over right, point right to

85,86,87,88 to right side, cross right over left, step back left, right to right side, step forward left

FORWARD ROCK AND SHUFFLE THREE-QUARTERS, FORWARD ROCK AND COASTER STEP

89,90,91&92 rock forward on right, recover on left, shuffle a threequarter-turn right, rock

93,94,95&96 forward on left, recover on right, step back left, right next to left, forward on left

Restart: Wall 3 – Wall starts 6 o'clock, dance up to Step 64 also facing 6 o'clock and Start again from the beginning

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