

# 7th Heaven

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mike Hitchen (UK) - April 2014  
音樂: Take It Like a Man (7th Heaven Mix) - Cher : (iTunes)



**Intro 24 counts start on vocals Note no tags or restarts**

## **Cross Side Behind Touch, Cross 1/4 Turn left, Back Shuffle**

1-2      Cross right over left, Step left to side.  
3-4      Step right behind left, Touch left to side.  
5-6      Cross left over right, Turn 1/4 turn left stepping right back.  
7&8      Step left back, Step right together, Step left back.

## **Rock Step, 1/2 Turn Left, 1/4 Turn Left, Cross Shuffle, 1/4 turn Left touch.**

1-2      Rock back on right, Recover to left.  
3-4      Turn 1/2 turn left stepping right back, Turn 1/4 turn left stepping left to side.  
5&6      Cross right over left, Step left to side, Cross right over left.  
7-8      Turn 1/4 turn right stepping left back, Touch right next to left.

## **Side Together, Forward Shuffle, Side Together, Forward Shuffle**

1-2      Step right to side, Step left together.  
3&4      Step right forward, step left together, Step right forward.  
5-6      Step left to side, Step right together.  
7&8      Step left forward, Step right together, Step left forward.

## **Rock Step, 1/4 Chasse, Cross Side Sailor Step.**

1-2      Rock forward on right, recover to left.  
3&4      Step right 1/4 turn right, Step left together, Step right to side.  
5-6      Cross left over right, Step right to side.  
7&8      Cross left behind right, Step right to side, Step left to side.

## **Jazz Box 1/4 Turn Right, Step Hold, & Cross Side**

1-2      Cross right over left, 1/4 turn right stepping left back.  
3-4      Step right to side, Cross left over right.  
5-6      Step right big step to side, hold or drag left to right.  
&7-8      Step on left, Cross right over left, Step left to side.

## **Rock Step, 2x 1/4 Turns Left, forward Rock Step, Shuffle 1/2 Turn.**

1-2      Rock right behind left, Recover to left.  
3-4      Turn 1/4 left Stepping right back, Turn 1/4 turn left stepping left to side.  
5-6      Rock forward on right, Recover to left.  
7&8      Step right 1/4 turn right, Step left together, Step right 1/4 turn right.

## **Rock Step, Shuffle 1/2 Turn Left, Step Turn, Walk Right Walk Left.**

1-2      Rock forward on left, Recover to right.  
3&4      Step left 1/4 turn left, Step right together, Step left 1/4 turn left.  
5-6      Step right forward, Pivot 1/2 turn left. ( weight on left )  
7-8      Walk forward right, Walk forward left.

## **Cross Side, Behind & Heel, & Cross Side, Coaster Step.**

1-2      Cross right over left, Step left to side.  
3&4      Rock right behind left, Recover to left, Touch right heel diagonal forward.

&5-6 Step right towards left, Cross left over right, Step right to side.  
7&8 Step left back, Step right together, Step left forward

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