

GO SEVEN

SONG: "SEVEN LONELY DAYS" by BOUKE.

ALBUM: "FOR THE GOOD TIMES".

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER: RIA VOS. NETHERLANDS. 2012.

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 24 Beats.
1, 2 3 & 4 5, 6 7 & 8	<p>HEEL GRIND, COASTER STEP, FORWARD, ROCK, 1/2 SHUFFLE FORWARD STEP R HEEL FORWARD, GRIND R HEEL TAKE WEIGHT ONTO L, COASTER : STEP R BACK, STEP L TOGETHER, STEP R FORWARD, STEP L FORWARD, ROCK BACK ONTO R, TURN 180° LEFT SHUFFLE FORWARD STEP : L-R-L.</p>
1, 2 3 & 4 5, 6 & 7, 8	<p>HEEL GRIND, COASTER STEP, TOUCH, TOUCH & TOUCH, HITCH STEP R HEEL FORWARD, GRIND R HEEL TAKE WEIGHT ONTO L, COASTER : STEP R BACK, STEP L TOGETHER, STEP R FORWARD, TOUCH L TOE FORWARD, TOUCH L TOE TO THE SIDE, STEP L TOGETHER, TOUCH R TOE TO THE SIDE, HITCH R KNEE.</p>
1 & 2 3, 4 5, 6 & 7, 8	<p>SIDE SHUFFLE, BACK, ROCK, SIDE, HOLD CLAP & SIDE, HOLD CLAP SIDE SHUFFLE TO THE RIGHT STEP : R-L-R, STEP L BACK, ROCK FORWARD ONTO R, STEP L TO THE SIDE, HOLD & CLAP, STEP R TOGETHER, STEP L TO THE SIDE, HOLD & CLAP.</p>
1, 2 3, 4 5, 6 7, 8	<p>JAZZ BOX 1/4 TURN, TOUCH, FORWARD, TOUCH, FORWARD JAZZ BOX : STEP R ACROSS IN FRONT OF LEFT, STEP L BACK, TURN 90° RIGHT STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT, TOUCH R TOE TO THE SIDE, STEP R FORWARD, TOUCH L TOE TO THE SIDE, STEP L FORWARD.</p>
32	REPEAT THE DANCE IN NEW DIRECTION