

STEPPIN' OFF

THE Page



Approved by:

Go Seven

4 WALL - 32 COUNTS - BEGINNER

| STEPS | ACTUAL FOOTWORK | CALLING SUGGESTION | DIRECTION |
|------------------|---|--------------------|---------------|
| Section 1 | Heel Grind, Coaster Step, Forward Rock, Shuffle 1/2 Turn | | |
| 1 – 2 | Grind right heel forward. Recover onto left. | Heel Grind | On the spot |
| 3 & 4 | Step right back. Step left beside right. Step right forward. | Coaster Step | |
| 5 – 6 | Rock forward on left. Recover onto right. | Rock Forward | |
| 7 & 8 | Shuffle step 1/2 turn left, stepping - left, right, left. (6:00) | Shuffle Half | Turning left |
| Section 2 | Heel Grind, Coaster Step, Point Forward, Point Side, & Point Side, Hitch | | |
| 1 – 2 | Grind right heel forward. Recover onto left. | Heel Grind | On the spot |
| 3 & 4 | Step right back. Step left beside right. Step right forward. | Coaster Step | |
| 5 – 6 | Point left forward. Point left to left side. | Point Point | |
| & 7 – 8 | Step left beside right. Point right to right side. Hitch right. | & Point Hitch | |
| Section 3 | Chasse, Back Rock, Side, Hold/Clap, Side, Hold, & Side, Hold/Clap | | |
| 1 & 2 | Step right to right side. Close left beside right. Step right to right side. | Side Close Side | Right |
| 3 – 4 | Rock back on left. Recover onto right. | Rock Back | On the spot |
| 5 – 6 | Step left to left side. Hold and clap. | Side Hold | Left |
| & 7 – 8 | Step right beside left. Step left to left side. Hold and clap. | & Side Hold | |
| Section 4 | Jazz Box 1/4 Turn Cross, Point, Step, Point, Step | | |
| 1 – 2 | Cross right over left. Step left back turning 1/4 right. (9:00) | Cross Quarter | Turning right |
| 3 – 4 | Step right to right side. Cross left over right. | Side Cross | Right |
| 5 – 6 | Point right to right side. Step right forward. | Point Step | Forward |
| 7 – 8 | Point left to left side. Step left forward. | Point Step | |

Choreographed by: Ria Vos (NL) November 2011

Choreographed to: 'Seven Lonely Days' by Bouke from CD For The Good Times (slow); also available as download from iTunes (24 count intro - approx 11 secs, on the word 'whole')

Music suggestion: 'Go' by The Refreshments from CD The Rarities (fast) (32 count intro)



A video clip of this dance is available at www.linedancermagazine.com