

Start on the word 'time'

RIGHT SIDE STEP, ROCK RECOVER, WEAVE LEFT, CROSS, UNWIND FULL TURN/SWEEP, WEAVE RIGHT

- 1-2& Large step right to right side, cross rock left behind right, recover right,
- 3-4& Step left to left side, cross right behind left, step left to left side,
- 5-6& Cross right over left, unwind full turn over left shoulder, sweep left,
- 7&8 Continue the left sweep behind right, step right to right side, cross left over right.

1/4 TURN LEFT, STEPS x2, FULL TRIPLE TURN RIGHT, PIVOT 1/2 TURN, STEP, RIGHT ROCK, RECOVER LEFT, SWEEP RIGHT, SWEEP LEFT

- 1&2 Step right 1/4 left back, step forward left, step forward right,
- 3&4& Full triple turn over right shoulder, stepping left, right, left, pivot 1/2 turn right,
- 5-6& Step forward left, rock forward right, recover left,
- 7-8 Sweep right behind left, sweep left behind right.

ROCK RECOVER RIGHT, 1/2 TURN LEFT, ROCK RECOVER LEFT, 1/2 TURN RIGHT, SAILOR 1/2 TURN, 1/4 MAMBO TOUCH

- 1-2& Rock right back, recover left, make 1/2 turn left stepping back on right,
- 3-4& Rock left back, recover right, make 1/2 turn right stepping back on left,
- 5&6 Cross step right behind left making 1/4 turn right, step left next to right making 1/4 turn right, step forward on right,
- 7&8 Rock forward left, recover right, touch left 1/4 left.

STEP-HOOK FORWARD & BACK, STEP, SWEEP 1/2 TURN, BOTA FOGO, BOTA FOGO 1/2 TURN

- 1&2& Step forward left, hook right behind left knee, step back right, hook left over right shin,
- 3-4 Step forward left, sweep right 1/2 turn left to bring right beside left (keeping weight on left),
- 5-6& Cross right over left, step left to left side, step right in place,
- 7-8& Cross left over right, 1/4 turn left stepping back on right, 1/4 turn left stepping left to side.

Alt Music: 7 Days by Helena Paparizou (*16 count intro, 60bpm*) Album: The Game Of Love Available on iTUNES

The alt music is slower, with a rockier edge.

If using the alt track the dance is turned into a 4 wall dance, a tag is needed after every 32 counts & a Restart is on wall 5, after 16 counts.

TAG (Only with alt music)

CROSS, 1/4 TURN TOUCH, 1/4 TURN TOUCH, 1/4 TURN TOUCH, STEP, TOUCH

- 1-2 Cross right over left, touch left 1/4 turn right,
- 3-4& Touch left 1/4 turn right, touch left 1/4 turn right, step onto left touching right beside left.

Music download available from iTunes
