

Seven Days

24 Count, 4 Wall, Absolute Beginner
Choreographer: Barbara Lowe (UK) March 2010
Choreographed to: Seven Days A Week (I Never Go
To Work) by They Might Be Giants,
CD: Here Come The 1-2-3's

Start on the word 'on Monday'

WALK FORWARD, RIGHT MAMBO, WALK FORWARD, LEFT MAMBO

- 1-2 walk forward right left
- 3&4 rock forward on right, recover on to left, step right next to left
- 5-7 walk forward left Right
- 7&8 rock forward on left, recover on to right, step left next to right

STEP TOUCH TURNING 1/8 LEFT X4 (AKA HANDBAG STEP)

- 9-10 Step right foot 1/8 to the left, touch left next to right
- 11-12 Step left foot 1/8 to the right, touch right next to left
- 13-14 Step right foot 1/8 to the left, touch left next to right
- 15-16 Step left foot 1/8 to the right, touch right next to left

EXTENDED WEAVE RIGHT

- 17-18 Step right to right side, Step left behind right
- 19-20 Step right to right side, Cross left over right
- 21-22 Step right to right side, Step left behind right
- 23-24 Step right to right side, Close left next to right

For fun shrug shoulders up and down on the weave like you are using a road drill

Music download available from Amazon