

Seven Days

96 Count, 4 Wall, Intermediate

Choreographer: Chris Jackson (UK) Aug 2013

Choreographed to: Seven Days by Tammi Lavette,

CD: Tammi Lavette Selected Hits (Amazon UK)

32-count intro from bass – start on vocal.

- 1 RIGHT ROCKING CHAIR, STEP TURN, FULL TURN**
1-4 Rock forward right, recover left, rock back right, recover left,
5-8 Forward right, 1/2 turn left, 1/2 turn left (back on right), 1/2 turn left (forward left)
- 2 FORWARD ROCK-TOUCH TURN, FORWARD ROCK –TOUCH TURN**
9-12 Rock forward right, recover left, touch right back, unwind 1/2 turn right
13-16 Rock forward left, recover right, touch left back, unwind 1/2 turn left
- 3 PIVOT 1/4, CROSS SHUFFLE, SIDE ROCK, BEHIND-SIDE-CROSS**
17,18 Step forward right, pivot 1/4 turn left
19&20 Cross right over left, left to left side, cross right over left
21-22 Rock left to left side, recover right
23&24 Left behind right, right to right side, cross left over right
- 4 PADDLE ONCE, PADDLE TWICE, PUSH TURN, PUSH TURN**
25-28 Step forward right on right diagonal of 3 o'clock wall, paddle 1/4 turn left, step forward on right diagonal of 12 o'clock wall, paddle 1/4 turn left (now facing the left diagonal of 12 o'clock wall),
29-32 Forward right, pivot 1/2 turn left (push turn), forward right, pivot 1/2 turn left (push turn)
- 5 CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE**
33&34 Straighten up to 12 o'clock wall crossing right over left, left to left side, cross right over left,
35-36 Rock left to left side, recover right,
37&28 Cross left over right, right to right side, cross left over right,
39-40 Make 1/4 turn left stepping back on right, left to left side
- 6 CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE**
41&42,43,44 Cross right over left, left to left side, cross right over left, rock left to left side, recover right
45&46 Cross left over right, right to right side, cross left over right,
47-48 Make 1/4 turn left as you step back on right, left to left side
- 7 CROSS ROCK, SHUFFLE TURN, SHUFFLE TURN, SHUFFLE TURN**
49,50,51&52 Cross right over left, recover on left, shuffle 1/4 turn right
53&54,55&56 Shuffle a 1/2 turn right, shuffle a 1/2 turn right
- 8 FORWARD AND BACK, CROSS, BACK, TURN, SHUFFLE LEFT**
57,58,59,60 Rock forward left, recover right, step back on left, cross right over left,
61,62,63&64 Step back on left, make 1/4 turn right stepping forward on right, shuffle forward left-right-left
- 9 CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP**
65-66-67-68 Cross right over left, point left to left side, cross left over right, point right to right side
69-70-71-72 Cross right over left, step back left, right to right side, step forward left
- 10 FORWARD ROCK AND SHUFFLE HALF TURN, FORWARD ROCK AND COASTER STEP**
73,74,75&76 Rock forward on right, recover on left, shuffle a half-turn right,
77,78,79&80 Rock forward on left, recover on right, step back left, right next to left, forward on left
- 11 CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP**
81-82-83-84 Cross right over left, point left to left side, cross left over right, point right to right side
85-86-87-88 Cross right over left, step back left, right to right side, step forward left
- 12 FORWARD ROCK AND SHUFFLE 3/4, FORWARD ROCK, COASTER STEP**
89-90-91&92 Rock forward on right, recover on left, shuffle 3/4 turn right
93-94-95&96 Rock forward on left, recover on right, step back left, right next to left, forward on left
- Restart** Wall 3 – Wall starts 6 o'clock, dance up to Step 64 also facing 6 o'clock and start again from the beginning.
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