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Alternative music: Any "Seven Lonely Days" (Suggestions: Lynn Anderson, Betty Lou)
Intro: 32 counts - Note: No Tags, No Restarts
S1: L Kick/side, R Kick/cross, L Back, R Side, L Cross, R Side
12 Kick L to L diagonal, step L to the side
34 Kick R to L diagonal, cross R over L
56 Step Back L, step R to R side
78 Cross L over R, step R to the side
    (12:00)
S2: L Cross/hold, 1/4 L/hold, L Together, R Step-lock-step
12 Cross L over R, hold
34 1/4 L stepping R back, hold (9:00)
5 Step L next to R
678 Step forward R, lock L behind R, step forward R
S3: L Step forward/hold, Pivot }1/4 R/hold, L Cross-side-behind/hold
12 Step forward L, hold
34 Pivot 1/4 R, hold (12:00)
5678 Cross L over R, step R to R side, step L behind R, hold
S4: }\quad1/4/4,L\mathrm{ L Step Pivot }1/4\mathrm{ R/hold, L Cross-rock-side-rock
1 1/4 R forward R (3:00)
234 Step forward L, pivot 1/4 R, hold (6:00)
5678 Cross L over R, recover onto R, rock L to L side, recover onto R
S5: L Back, R Sweep, R Back, L Sweep, L Coaster Forward Shuffle
12 Step back L, sweep R from front to back
34 Step back R, sweep L from front to back
(Advanced option for counts 1234: mashed potato)
56 Step back L, step R beside L
78 Step forward L, step R next to L
S6: L Step Forward/hold, R Tap Heel/hold, R Kick-step, L Side rock
12 Step forward L, hold
34 Tap R heel forward, hold
56 Kick R forward, step R in place
78
S7: L Cross, R Side rock/hold, R Cross, L Back, R Out/hold
1 Cross L over R,
234 Rock R to the side, recover onto L, hold
5
678
S8: L Heel, R Heel, Step Back L, R, Heel Splits X 2
12 Step fwd on L heel, step fwd on R heel (easy option for counts 12: step fwd/ out on L,
    step fwd/ out on R)
34 Step L back, step R beside L
56 Turn both heels out, turn both heels in
78 Turn both heels out, turn both heels in(ending weight on R)
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