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## 7 Years Old

64 Count, 4 Wall, Intermeidate (Phrased)

Choreographer: Michael Barr (USA) Sep 2016

Choreographed to: 7 Years Old by Lukas Graham.

CD: Lukas Graham

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**Lead:** 32 counts. Start on vocals  
**Length:** 3:57  
**Phrasing:** The sequence: A, B, A, B, A, B, A, A (facing 12 - turning to 9),  
B, A, A, A, A, 4 counts of A to the front  
**Word hints:** All the A's start with the word "Once" or the word "Soon".  
Example: "Once I was... Soon I'll be..."  
**Wall hints:** Notice that B is always a one wall pattern, no matter which wall you start it on.  
Rotation of B's: 3,6,9,3

Thanks to my So. Cal. friends; Kim E., Caroline K., and Ruben L., for suggesting the music!

### Part A

#### Section 1 ¼ Step, Sweep, Cross Step, Step - Step, Sweep, Cross Step, Step

1 - 2 Turn ¼ left stepping L forward; Sweep R from back to front (9)  
3 - 4 Step R forward in front of L; Step L slightly forward to left diagonal (9)  
5 - 6 Step R forward; Sweep L from back to front (9)  
7 - 8 Step L forward in front of R; Step R slightly forward to right diagonal (9)

#### Section 2 Cross, Back, Back, Cross - Back, ½ R, ¼ R, Cross

1, 2 Step L in front of R (facing right diagonal); Step R back on right diagonal (square up) (9)  
3, 4 Step L back (facing left diagonal); Step R in front of L (9)  
5, 6 Step L back on left diagonal (square up); Turn ½ right stepping R forward (3)  
7, 8 Turn ¼ right stepping L side left; Step R in front of L (6)

#### Section 3 Side, Hold, Rock, Return - ¼ Side L, Hold, Behind, Side

1, 2 - 3, 4 Step L side left; Hold; Rock R back; Return to L in place (6)  
5, 6 - 7, 8 Turn ¼ left stepping R side right; Hold; Step L behind R; Step R side right (angle hips to right) (3)

#### Section 4 Cross, Hold, Rock Side, Return - Cross, Hold, Side, Behind

1, 2 - 3, 4 Step L in front of R; Hold; Rock R side right; Return onto L stepping slightly back (3)  
5, 6 - 7, 8 Step R in front of L; Hold; Step L side left; Step R behind L (3)

### Part B

#### Section 1 2 ct. Full Turn Left, Side Rock, Return - Cross, Hold, Side Rock, Return

1, 2 - 3, 4 Step L into a full turn left for 2 counts (keep R close to L ankle); (3)Rock R side right;  
(4)Return to L (3)  
5, 6 - 7, 8 Step R in front of L; Hold; Rock L side left; Return to R, stepping back slightly (3)

#### Section 2 Cross, Hold, Side, Behind - ¼ Turn Right, Forward, ½ Turn Right, Forward

1, 2 - 3, 4 Step L in front of R; Hold; Step R side right; Step L behind R (3)  
5, 6, 7, 8 Turn ¼ right stepping forward on R; Step L forward; Turn ½ right onto R; Step L forward (12)

#### Section 3 Forward Diag. Rock (2 cts), Return, Side - Forward Diag. Rock (2 cts), Return, Side

1, 2 - 3, 4 Step R to left forward diagonal; Continue forward movement; Return weight to L;  
Step R side right (12)  
5, 6 - 7, 8 Step L to right forward diagonal: Continue forward movement; Return weight to R;  
Step L side left (12)

#### Section 4 Step, Hold, Side, Back - Back, Hold, ¼ Turn Right, Touch Together

1, 2 - 3, 4 Step R forward in front of L; Hold; Step L side left; Step back on R (open hips slightly to right) (12)  
5, 6 - 7, 8 Step L back on diagonal; Hold; Turn ¼ right stepping R side right; Touch L next to R (sit a little) (3)

**Begin Again and Enjoy!**

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