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Cha-7-Cha

32 count, 4 wall, beginner/intermediate level
Choreographer: Steve Jeffries & Toni Holmes (UK)
Nov 2004

Choreographed to: Seven Year Ache by Trisha
Yearwood (124bpm); Seven Year Ache by Rosanne
Cash (124bpm)

STEP, HOLD, ROCK, RECOVER, SIDE CLOSE SHUFFLE ¼ TURN LEFT

1-2 Step to Right On Right, Hold
3-4 Rock Left Behind Right, Recover Weight To Right
5-6 Step Left To Left Side, Close Right To Left
7&8 Shuffle To Left : Left, Right, Left Turning ¼ Left On Last Step

STEP, PIVOT, SHUFFLE FORWARD, TOE STRUT, KICK BALL FORWARD

1-2 Step Right Forward, Pivot ½ Turn Left Over Left Shoulder
3&4 Shuffle Forward : Right, Left, Right
5-6 Step Left Toe Forward, Drop Heel To Floor
7&8 Kick Right Foot Forward, Step Right Next To Left, Step Left Foot Forward

TOE STRUT, KICK BALL FORWARD, ROCK & RECOVER, SHUFFLE BACKWARDS

1-2 Step Right Toe Forward, Drop Heel To Floor
3&4 Kick Left Foot Forward, Step Left Next To Right, Step Right Foot Forward
5-6 Rock Left Foot Forward, Recover Weight To Right
7&8 Shuffle Backwards : Left, Right, Left

FULL TURN BACKWARDS WITH HOLD, STEP OUT-OUT, BACK ROCK

1-2 On Ball Of Left ½ Turn Right Stepping Forward On Right , Hold
3-4 On Ball Of Right ½ Turn Right Stepping Back On Left , Hold
Alternate Steps – Rock Backward On Right (1), Recover On Left (2), Rock Forward On Right (3),
Recover On Left (4)
5-6 Step Right Foot Out To Right, Step Left Foot Out To Left
7-8 Rock Right Foot Behind Left, Recover Weight To Left
