

7 Lonely Days



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Beginner Level Dance.
Choreographed by: Winnie Yu (CAN) Aug 2024
Choreographed to: Seven Lonely Days by Bonnie Lou
Intro: 16 Counts. Start at approx 6 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	KICK, STEP, KICK, STEP, SIDE, TOGETHER, SIDE, TOUCH
1-2	Kick R Fwd, Step R next to L
3-4	Kick L Fwd, Step L next to R
5-6	Step R to R Side, Step L beside R
7-8	Step R to R Side, Touch L next to R
SEC 2	KICK, STEP, KICK, STEP, SIDE, TOGETHER, SIDE, TOUCH
1-2	Kick L Fwd, Step L next to R
3-4	Kick R Fwd, Step R next to L
5-6	Step L to Left Side, Step R next to L
7-8	Step L to L Side, Touch R next to L
SEC 3	SIDE STRUT, CROSS STRUT, SIDE ROCK, RECOVER, CROSS, HOLD
1-2	Touch R toes to Right Side, Step R heel down
3-4	Cross Touch L toes over R, Step L heel down
5-6	Rock R to R Side, Recover onto L
7-8	Cross R over L, Hold
SEC 4	RAMBLE, JAZZ BOX ¼ TURN
1-2	Swivel both heels to Left, Swivel both toes to left
3-4	Swivel both heels to Left, Hold
5-6	Cross R over L, Make a ¼ turn R Step Back on L (3:00)
7-8	Step R to R Side, Step Forward on L

