Go Seven

Choreographed by Ria Vos
Description: 32 count, 4 wall, beginner line dance
Music: Seven Lonely Days by Bouke [CD: For The Good Times / Available on iTunes]
Go by The Refreshments [CD: It’s Gotta Be Both Rock ‘n’ Roll - Best of The Refreshments / Available on iTunes]

Start dancing on lyrics
RIGHT HEEL GRIND, FORWARD, COASTER STEP, LEFT ROCK FORWARD, SHUFFLE
TURN ½ LEFT
1-2 Rock right heel forward, recover to left
3&4 Right coaster step
5-6 Rock left forward, recover to right
7&8 Triple in place turning ½ left stepping left, right, left (6:00)

RIGHT HEEL GRIND FORWARD, COASTER STEP, POINT FORWARD, POINT SIDE, & SIDE POINT, HITCH
1-2 Rock right heel forward, recover to left
3&4 Right coaster step
5-6 Touch left forward, touch left to side
&7-8 Step left together, touch right to side, hitch right knee

CHASSE RIGHT, ROCK BACK, SIDE, HOLD/CLAP & SIDE, HOLD/CLAP
1&2 Chassé side right, left, right
3-4 Rock left back, recover to right
5-6 Step left to side, clap
&7-8 Step right together, step left to side, clap

JAZZ BOX TURN ¼ RIGHT, POINT, STEP FORWARD, POINT, STEP FORWARD
1-2 Cross right over left, step left back
3-4 Turn ¼ right and step right to side, cross left over right (9:00)
5-6 Touch right to side, step right forward
7-8 Touch left to side, step left forward

REPEAT