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| 7 Years Old |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Phrased Intermediate | . |
| **Choreographer:** | Michael Barr (USA) - September 2016 |
| **Music:** | 7 Years - Lukas Graham : (CD: Lukas Graham) |
| . |

**Lead: 32 counts. Start on vocals**

**Download: Single download on iTunes & Amazon.com / 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!!!**

**A – 1 – 8: ¼ Step, Sweep, Cross Step, Step - Step, Sweep, Cross Step, Step**

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| 1 – 2 | Turn ¼ left stepping L forward; Sweep R from back to front 9 |

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| --- | --- |
| 3 – 4 | Step R forward in front of L; Step L slightly forward to left diagonal 9 |

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| --- | --- |
| 5 – 6 | Step R forward; Sweep L from back to front 9 |

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| --- | --- |
| 7 – 8 | Step L forward in front of R; Step R slightly forward to right diagonal 9 |

**A – 9 – 16: Cross, Back, Back, Cross - Back, ½ R, ¼ R, Cross**

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| 1, 2 | Step L in front of R (facing right diagonal); Step R back on right diagonal (square up) 9 |

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| --- | --- |
| 3, 4 | Step L back (facing left diagonal); Step R in front of L 9 |

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| --- | --- |
| 5, 6 | Step L back on left diagonal (square up); Turn ½ right stepping R forward 3 |

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| --- | --- |
| 7, 8 | Turn ¼ right stepping L side left; Step R in front of L 6 |

**A – 17 – 24: Side, Hold, Rock, Return - ¼ Side L, Hold, Behind, Side**

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| 1, 2 - 3, 4 | Step L side left; Hold; Rock R back; Return to L in place 6 |

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| 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 |

**A – 25 – 32: Cross, Hold, Rock Side, Return - Cross, Hold, Side, Behind**

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| 1, 2 - 3, 4 | Step L in front of R; Hold; Rock R side right; Return onto L stepping slightly back 3 |

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| --- | --- |
| 5, 6 - 7, 8 | Step R in front of L; Hold; Step L side left; Step R behind L 3 |

**B – 1 – 8: 2 ct. Full Turn Left, Side Rock, Return - Cross, Hold, Side Rock, Return**

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| 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 |

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| 5, 6 - 7, 8 | Step R in front of L; Hold; Rock L side left; Return to R, stepping back slightly 3 |

**B – 9 – 16: Cross, Hold, Side, Behind - ¼ Turn Right, Forward, ½ Turn Right, Forward**

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| --- | --- |
| 1, 2 - 3, 4 | Step L in front of R; Hold; Step R side right; Step L behind R 3 |

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| --- | --- |
| 5, 6, 7, 8 | Turn ¼ right stepping forward on R; Step L forward; Turn ½ right onto R; Step L forward 12 |

**B – 17 – 24: Forward Diag. Rock (2 cts), Return, Side - Forward Diag. Rock (2 cts), Return, Side**

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| 1, 2 - 3, 4 | Step R to left forward diagonal; Continue forward movement; Return weight to L; Step R side right 12 |

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| --- | --- |
| 5, 6 - 7, 8 | Step L to right forward diagonal: Continue forward movement; Return weight to R; Step L side left 12 |

**B – 25 – 32: Step, Hold, Side, Back - Back, Hold, ¼ Turn Right, Touch Together**

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| --- | --- |
| 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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