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| Go Seven |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Ria Vos (NL) - November 2011 | | | | |
| **Music:** | Seven Lonely Days - Bouke | | | | |
| . | | | | | | |

**Alt. Music: Go by The Refreshments, CD: Rarities (fast)**

**Intro for Bouke – 24 counts; [Intro for The Refreshments – 32 counts]**

**R Heel Grind, Fwd, Coaster Step, L Rock Fwd, Shuffle ½ Turn L**

|  |  |
| --- | --- |
| 1-2 | Grind R heel Fwd, Recover on L |

|  |  |
| --- | --- |
| 3&4 | Step Back on Ro, Step L next to R, step Fwd on R |

|  |  |
| --- | --- |
| 5-6 | Rock Fwd on L, Recover on R |

|  |  |
| --- | --- |
| 7&8 | Shuffle ½ Turn Left Stepping L, R, L (6:00) |

**R Heel Grind Fwd, Coaster Step, Point Fwd, Point Side, & Side Point, Hitch**

|  |  |
| --- | --- |
| 1-2 | Grind R Heel Fwd, Recover on L |

|  |  |
| --- | --- |
| 3&4 | Step back on R, Step L next to R, step Fwd on R |

|  |  |
| --- | --- |
| 5-6 | L Point Fwd, L Point to Left Side |

|  |  |
| --- | --- |
| &7-8 | Step L next to R, Point R to Right Side, Hitch R |

**Chasse R, Rock Back, Side, Hold/Clap & Side, Hold/Clap**

|  |  |
| --- | --- |
| 1&2 | Step R to Right Side, Step L next to R, Step R to Right Side |

|  |  |
| --- | --- |
| 3-4 | Rock Back on L, Recover on R |

|  |  |
| --- | --- |
| 5-6 | Step L to Left side, Hold/Clap |

|  |  |
| --- | --- |
| &7-8 | Step R next to L, Step L to Left side, Hold/Clap |

**Jazz Box ¼ Turn R, Point, Step Fwd, Point, Step Fwd**

|  |  |
| --- | --- |
| 1-2 | Cross R over L, Step back on L ¼ Turn Right (9:00) |

|  |  |
| --- | --- |
| 3-4 | Step R to Right side, Cross L over R |

|  |  |
| --- | --- |
| 5-6 | Point R to Right Side, Step Fwd on R |

|  |  |
| --- | --- |
| 7-8 | Point L to Left Side, Step Fwd on L |