

Seven Year Ache

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Kitty Russell (USA) - August 2018

Music: Seven Year Ache - Rosanne Cash



Right lead

LOCK STEPS FORWARD TO RIGHT, TOUCH, LOCK STEPS FORWARD TO LEFT, TOUCH

- 1-4 Step R diagonally forward to right (1), lock L behind R (2), step R diagonally forward to right (3), touch L next to R (4)
- 5-8 Step L diagonally forward to left (5), lock R behind L (6), step L diagonally forward to left (7), touch R next to L (8)

WALK BACK 3, HITCH X 2

- 1-4 Step R back (1), L back (2), R back (3), hitch L knee up with a little kick (4)
- 5-8 Step L back (5), R back (6), L back (7), hitch R knee up with a little kick (8)

SWAY, TOUCH X 4

- 1-2 Sway R (1), touch L next to R (2)
- 3-4 Sway L (3), touch R next to L (4)
- 5-6 Sway R (5), touch L next to R (6)
- 7-8 Sway L (7), touch R next to L (8)

PIVOT 1/4 TURN LEFT X 2, ROCKING CHAIR

- 1-2 Step forward R (1), pivot 1/4 left (9:00) and step L (2)
- 3-4 Step forward R (3), pivot 1/4 left (6:00) and step L (4)
- 5-8 Rock R forward (5), step L in place (6), rock R back (7), step L in place (8)

Begin again

Last Update - 13 Oct. 2018