

AB Seven Year Ache

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 1

Level: Absolute Beginner

Choreographer: Janet Cummings (USA) - December 2019

Music: Seven Year Ache - Rosanne Cash : (Album: Seven Year Ache - 3:16)



Intro: 32 Counts - No Tags or Restarts

Alternate Christmas Songs: Winter Wonderland, Brenda Lee (BPM (140), Feliz Navidad, Jose Feliciano (BPM 148), Have A Holly Jolly Christmas, Burl Ives (BPM 140) All/32 Count Intro

SECTION 1: RIGHT STEP TO SIDE, LEFT FOLLOW, R STEP FORWARD, L TOUCH; LEFT STEP TO SIDE, R FOLLOW, L STEP BACK, R TOUCH

1, 2, 3, 4 R Step to Right, L Follow, R Step Forward, L Touch

5, 6, 7, 8 L Step to Left, R Follow, L Step Back, R Touch

SECTION 2: R STEP TO SIDE, L FOLLOW, R STEP BACK, L TOUCH; L STEP TO SIDE, R FOLLOW, L STEP FORWARD, R TOUCH

1, 2, 3, 4 R Step to Side, L Follow, R Step Back, L Touch

5, 6, 7, 8 L Step to Side, R Follow, L Step Forward, R Touch

SECTION 3: R STEP FORWARD DIAGONALLY, L TOUCH, L RETURN TO CENTER, R TOUCH; R STEP BACK DIAGONALLY, L CLOSE, R STEP BACK DIAGONALLY, L TOUCH

1, 2, 3, 4 R Step Diagonally Forward, L Touch; L Step Back to Center, R Touch

5, 6, 7, 8 R Step Diagonally Back, L Follow, R Step Diagonally Back, L Touch

SECTION 4: L STEP BACK DIAGONALLY, R TOUCH, R RETURN TO CENTER, L TOUCH; L STEP FORWARD DIAGONALLY, R CLOSE, L STEP FORWARD DIAGONALLY ON BALL-TURN ¼ LEFT, R HITCH

1, 2 3, 4 L Step Back Diagonally, R Touch, R Return to Center, L Touch

5, 6 L Step Diagonally Forward, R Follow,

7, 8 L Step Diagonally Forward on Ball Making ¼ Left Turn, Hitch R Knee

Note: Step Sheet is written for a Beginner (4-Wall). To use option as an AB dance, do NOT do the ¼ turn... 5, 6, 7, 8, will be Three Diagonal Steps Forward (L, R, L), R Touch. Begin again with the Rhumba Box in Section 1. YouTube Video shows both options. Thanks, and God bless.

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