

7 Rings

Count: 16

Wall: 4

Level: Beginner

Choreographer: Christie Lim (MY) & Peter Reber (SA) - March 2022

Music: 7 rings - Ariana Grande



Start dancing after 16 counts

Sec1: Point across (2x), Shuffle fwd (lock step), Weave, 1/4 turn, Pivot 1/2 turn

1 & 2 & RF point across left FF, Step together, Point LF across RF, Step together
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 & 6 & Cross LF over RF, step RF to right, Step LF behind RF, 1/4 turn R step RF fwd
7 8 Step LF fwd, 1/2 turn R

Sec2: 1/4 turn chasse, 1/2 turn chasse, Step touch (2x), 3/4 turn step fwd (3x)

1 & 2 1/4 turn R step LF to L, Step together, Step LF to L
3 & 4 1/2 turn L, step RF to R, Step together. Step RF to R
5 & 6 & Step LF fwd diagonally, Touch RF next to LF, Step RF fwd diagonally, Touch LF next to RF
7 & 8 1/4 turn L step LF fwd, 1/4 turn L step RF fwd, 1/4 turn L step LF fwd

Start dancing again!

Enjoy the Dance!

For any question contact

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