

Seven Year Ache (P)

Count: 64

Wall: 0

Level: Low Intermediate

Choreographer: France Bastien (CAN) & Serge Légaré (CAN) - February 2024

Music: Seven Year Ache (feat. Jenna Paulette) - Aaron Watson



Start position Double Hand Hold – Men O.L.O.D, Women I.O.L.D

[1-8] M&W: (Shuffle Side, Rock Back, Recover) x 2

1&2 M: Shuffle side L.R.L

W: Shuffle side R.L.R

3-4 M: RF behind – return on LF

W: LF behind – return on RF

5&6 M: Shuffle side R.L.R

W: Shuffle side L.R.L

7-8 M: LF behind – return on RF

W: RF behind – return on LF

Take position close western

[9-16] M: Side, Together, ¼ Turn L Shuffle, (Walk) x 2, ¼ Turn L Shuffle Side

W: Side, Together, ¼ Turn L Shuffle Back, (Back) x 2, ¼ Turn L Shuffle Side

1-2 M: LF to left – RF next to the LF

W: RF to right – LF next to the RF

3&4 M: Shuffle Fwd ¼ turn to left L.R.L

W: Shuffle back ¼ turn to left R.L.R

5-6 M: RF in front – LF in front

W: LF behind – RF behind

7&8 M: Shuffle side ¼ turn to left R.L.R

W: Shuffle Side ¼ turn to left L.R.L

[17-24] M&W: Rock Back, Recover, ¼ Turn Shuffle Side, (Back) x 2, ¼ Turn Rock Side, Recover

1-2 M: LF behind PG – return on RF

W: RF behind – return on LF

3&4 M: ¼ turn to right shuffle side L.R.L

W: ¼ turn to left shuffle side R.L.R

Leave right hand and pass left hand over partner's head

5-6-7-8 M: RF behind – LF behind – ¼ turn to right RF to right – return on LF

W: LF behind PG – RF behind – ¼ turn to left LF to left – return on RF

Return to the right hand position Double Hand Hold

[25-32] M: Rock Back, Recover, Shuffle Fwd, ¼ Turn R, ¼ Turn R, ¼ Turn Shuffle Fwd

W: Rock Back, Recover, ¼ Turn L Cross Shuffle, Back ¼ Turn L, Step Fwd, ¼ Turn L Shuffle Side

1-2 M: RF behind – return on LF

W: LF behind – return on RF

3&4 M: Shuffle Fwd R.L.R

W: ¼ turn to left cross shuffle L.R.L

Leave right hand and pass left hand over partner's head

5-6 M: ¼ turn to right LF in front – ¼ turn to right RF in front

W: ¼ turn to right RF behind – LF in front

7&8 M: ¼ turn to right shuffle fwd L.R.L

W: ¼ turn to left shuffle side R.L.R

Return left hand over partner's head

[33-40] M&W: Rock Step, Recover, ¼ Turn Rock Side, Behind, ¼ Turn Step, Shuffle Fwd

1-2 M: RF in front – return on LF

W: LF in front – return on RF

3-4 M: ¼ turn to right RF to right – return on LF

W: ¼ turn to left LF to left – return on RF

Return to double hand hold position

5-6 M: RF cross behind – ¼ turn to left LF in front

W: LF cross behind – ¼ turn to right RF in front

Leave your right hand and keep your partner's left hand

7&8 M: Shuffle Fwd R.L.R

W: Shuffle Fwd L.R.L

[41-48] M&W: ¼ Turn Side, Behind, Side, Cross, Side, ¼ Turn Step, Cross Fwd, Brush

1-2 M: ¼ turn to right LF to left – RF cross behind

W: ¼ turn to left RF to right – LF cross behind

Return to double hand hold position

3-4 M: LF to left – RF cross in front

W: RF to right – LF cross in front

5-6 M: LF to left – ¼ turn to right RF in front

W: RF to right – ¼ turn to left LF in front

Leave partner's left hand

7-8 M: LF cross in front – brush R heel

W: RF cross in front – brush L heel

[49-56] M&W: Cross, Back, Shuffle ½ Turn, Step, Pivot ½ Turn, Rock Step, Recover

1-2 M: RF cross in front – LF behind

W: LF cross in front – RF behind

3&4 M: Shuffle ½ turn to right R.L.R

W: Shuffle ½ turn to left L.R.L

Leave both hands and take back the partner's left hand

5-6 M: LF in front – ½ turn to right weight on RF

W: RF in front – ½ turn to left weight on LF

Leave left hand and take partner's right hand

7-8 M: LF in front – return on RF

W: RF in front – return on LF

[57-64] M&W: (Back) x 2, ¼ Turn Shuffle Side, Cross, Side, Behind Side Cross

1-2 M: LF behind – RF behind

W: RF behind – LF behind

3&4 M: ¼ turn to left shuffle side L.R.L

W: ¼ turn to right shuffle side R.L.R

Resume starting position Double Hand Hold

5-6 M: RF cross in front – LF to left

W: LF cross in front – RF to right

7&8 M: RF cross behind – LF to left – RF cross in front

W: LF cross behind – RF to right – LF cross in front

Start from the beginning

Last Update: 16 Mar 2024
