Count: 96
Wall: 4
Level: Intermediate
Choreographer: Chris Jackson (UK) - August 2013
Music: Seven Days - Tammi Lavette : (Album: Tammi Lavette Selected Hits)


## 32-count intro from bass - Start on vocal. 1 restart

## RIGHT ROCKING CHAIR, STEP TURN, FULL TURN

1,2,3,4,5,6,7,8 Rock forward right, recover left, rock back right, recover left, forward right, half-turn left, halfturn left (back on right), half-turn left (forward left)

## FORWARD ROCK-TOUCH TURN, FORWARD ROCK -TOUCH TURN

$9,10,11,12 \quad$ Rock forward right, recover left, touch right back, unwind half-turn right
13,14,15,16 rock forward left, recover right, touch left back, unwind half-turn left

## PIVOT A QUARTER, CROSS SHUFFLE, SIDE ROCK, BEHIND-SIDE-CROSS

17,18,19\&20 Step forward right, pivot a quarter-turn left, cross right over left, left to left
$21,22,23 \& 24$ side, cross right over left, rock left to left side, recover right, left behind right, right to right side, cross left over right

## PADDLE ONCE, PADDLE TWICE, PUSH TURN, PUSH TURN

$25,26,27,28$ Step forward right on right diagonal of 3 o'clock wall, paddle a quarter-turn
29,30,31,32 left, step forward on right diagonal of 12 o'clock wall, paddle a quarter-turn left (you should now be facing the left diagonal of the 12 o'clock wall), forward right, pivot half-turn left (push turn), forward right, pivot half-turn left (push turn)

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE
$33 \& 34,35,36$ Straighten up to the 12 o'clock wall as you cross right over left, left to left
$37 \& 38,39,40$ side, cross right over left, rock left to left side, recover right, cross left over right, right to right side, cross left over right, make a quarter-turn left as you step back on right, left to left side

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE
41\&42,43,44 Cross right over left, left to left side, cross right over left, rock left to left
45\&46,47,48 side, recover right, cross left over right, right to right side, cross left over right, make a quarter-turn left as you step back on right, left to left side

CROSS ROCK, SHUFFLE TURN, SHUFFLE TURN, SHUFFLE TURN
49,50,51\&52 Cross right over left, recover on left, shuffle a quarter-turn right, shuffle a
53\&54,55\&56 half-turn right, shuffle a half-turn right
FORWARD AND BACK, CROSS, BACK, TURN, SHUFFLE LEFT
57,58,59,60 Rock forward left, recover right, step back on left, cross right over left, step
61,62,63\&64 back on left, make a quarter-turn right stepping forward on right, shuffle forward left-right-left
CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP
65,66,67,68 Cross right over left, point left to left side, cross left over right, point right to
$69,70,71,72$ to right side, cross right over left, step back left, right to right side, step forward left
FORWARD ROCK AND SHUFFLE HALF TURN, FORWARD ROCK AND COASTER STEP
73,74,75\&76 rock forward on right, recover on left, shuffle a half-turn right,
$77,78,79 \& 80$ rock forward on left, recover on right, step back left, right next to left, forward on left

FORWARD ROCK AND SHUFFLE THREE-QUARTERS, FORWARD ROCK AND COASTER STEP
89,90,91\&92 rock forward on right, recover on left, shuffle a threequarter-turn right, rock
93,94,95\&96 forward on left, recover on right, step back left, right next to left, forward on left
Restart: Wall 3 - Wall starts 6 o'clock, dance up to Step 64 also facing 6 o'clock and Start again from the beginning

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