

# 7 Rings

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Hiroko Carlsson (AUS) - March 2019  
音乐: 7 rings - Ariana Grande : (iTunes)



(Intro: 16 counts)

**[S1] Fwd, Full Turn, Cross Rock-Recover, 3/4R Flip Turn, 1/2L Flip Turn**

- 1 2      Step forward on L, Make a ½ turn left stepping back on R
- 3 4 a      Make a ½ turn left stepping forward on L, Rock/cross R over L, Recover weight on L
- 5 a6      Make a ¼ turn right stepping forward on R, Make a ½ turn right stepping back on L, Rock/step back on R (9:00)
- 7 a8      Recover weight on L, Make a ½ turn left stepping back on R, Step back on L (3:00)

**[S2] Back w/ Sweep, Behind-Side, Back w/ Sweep, Back w/ Cross Touch, Turning Waltz, Fwd, Fwd**

- 1 2 a      Step back on R and sweeping L around R, Step L behind R, Step R to side
- 3 4      Step back on L and sweeping R around L, Step back on R w/ L cross touch
- 5&a      Step forward on L, Make a ½ turn left stepping back on R, Step L next to R (9:00)
- 6&a      Step back on R, Make a ½ turn left stepping forward on L, Step R next to L (3:00)
- 7 8      Step forward on L, Step forward on R

**[S3] Step-Pivot 1/2R, Full Turn, Step-Lock-Step, Step-Pivot 1/2L, Full Turn, Step-Pivot 1/4L-Cross**

- 1 a      Step forward on L, Make a ½ turn right recover weight on R (9:00)
- 2 a      Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R
- 3 a4      Step forward on L, Lock/step R behind L, Step forward on L
- 5 a      Step forward on R, Make a ½ turn left recover weight on L (3:00)
- 6 a      Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L
- 7 a8      Step forward on R, Make a ½ turn left recover weight on L, Cross R over L (12:00)

**[S4] 2x Side-Rock Behind, Side, Behind, 1/4 Fwd w/ 1/4 Hitch, Cross, Side, Back w/ Hook**

- 1 a2      Step L to left, Rock/step R behind L, Recover weight on L
- 3 a4      Step R to right, Rock/step L behind R, Recover weight on R
- 5 a6      Step L to side, Step R behind L, Make a ¼ turn left stepping forward on L as you hitch R knee & continue making a further ¼ turn left (6:00)
- 7 a8      Cross R over L, Step L to left, Step back on R w/ L hook

**Repeat**

**Ending:-  
Section 3**

- 5 a      Step forward on R, Make a ½ turn left recover weight on L
- 6      Make a ½ turn left stepping back on R,
- 7 8      Make a ¼ turn left stepping L to left, Drag R together (12:00)

Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)  
(updated: 12/Mar/19)