

Seven Minutes in Heaven

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Nicole Woodley (NZ) - October 2023
音乐: Seven Minutes In Heaven - Reba McEntire



Start 16 counts in, weight on L.

[1-8]: R Cross Weave, Cross Rock, R ¼ Turn Shuffle (3:00)

1 2 3 4 Cross R over L, Step L to L side, Step R behind L, Step L to L side,
5 6 7&8 Cross Rock R over L, R ¼ Turn Shuffle to 3:00

[9-16]: L Rock Recover, L Back Coaster, R ½ Turn Pivot (9:00), Walk R, L

1 2 3&4 L Rock Fwd, Recover back onto R, L Back Coaster,
5 6 7 8 Step R fwd, ½ Turn over L shoulder to 9:00, Walk R fwd, Walk L fwd

[17-24]: R Fwd, Hold, Ball Step, Rock Recover, R Back, Hold, Ball Step, Back Recover

1 2 Step R Fwd, Hold,
&3 4 L Ball fwd, Step R Fwd Rock, Recover back onto L
5 6 Step R Back, Hold
&7 8 L Ball back, Step R Back Rock, Recover fwd onto L

[25-32]: Step R, ¼ Turn (6:00), R Cross Shuffle, L Side Rock Recover, L Behind & Cross

1 2 3&4 Step R Fwd, L ¼ Turn to 6:00, R Cross Shuffle over L,
5 6 L Side Rock to L side, Recover back onto R,
7&8 Step L Behind R, Step R to R side, Cross L over R

[33-40]: R Side Rock Recover, R Sailor, L Sailor, R Rock Back Recover

1 2 R Side Rock to R side, Recover back onto L,
3&4 (R Sailor) Step R behind L, Step L to L side, Step R to R side,
5&6 (L Sailor) Step L behind R, Step R to R side, Step L to L side,
7 8 R Rock Back, Recover fwd onto L

[41-44]: R ½ Turn Shuffle over L Shoulder (12:00), L Back Rock Recover,

1&2 3 4 R ½ Turn Shuffle over L Shoulder to 12:00, L Back Rock, Recover fwd onto R,

[45-48]: L ½ Turn Shuffle over R Shoulder (6:00), R Back Rock Recover

5&6 7 8 L ½ Turn Shuffle over R Shoulder to 6:00, R Back Rock, Recover fwd onto L,

[49-56]: R Cross Point, L Cross Samba, R Cross Point, L Cross Samba

1 2 3&4 Cross R over L, Point L to L side, L Cross Samba over R
5 6 7&8 Cross R over L, Point L to L side, L Cross Samba over R

[57-64]: R Rock Recover, R ½ Shuffle (12:00), Step L ½ Turn (6:00), L shuffle Fwd.

1 2 3&4 R Rock Recover, R ½ Turn Shuffle over R shoulder to 12:00,
5 6 7&8 Step L ½ Turn over R shoulder to 6:00, Shuffle L Fwd.

Start dance again facing 6:00

TAG: End of Wall 2 (facing 12:00), 12 whole counts

1 2 3 4 R Rocking Chair,
5 6 7 8 Step R fwd, ½ turn pivot to 6:00, Step R fwd, ½ turn pivot to 12:00,
1 2 3 4 R Rocking Chair

RESTART: Wall 5

Dance to Count 32 and start again (facing 6:00)

ENDING: Wall 7

Dance to Count 32 (facing 6:00) and Step R fwd and ½ Turn Pivot to 12:00 to finish dance.

Last Update: 10 Oct 2023
