7 Summers with You (P)

級數: Beginner Partner

編舞者: Dan Albro (USA) - 8 January 2021 音樂: 7 Summers - Morgan Wallen

Intro: 32 counts

拍數: 32

Start: Closed social position, Man facing FLOD/Lady facing BLOD Mans footwork described, ladies opposite except where noted.

[1-8] WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

- 1,2,3&4 Step fwd L, step fwd R, step fwd L, step R next to L, step fwd L
- 5,6,7&8 Step fwd R, step fwd L, step fwd R, step L next to R, step fwd R

[9-16] TURN LADY TO 2 HAND HOLD, STEP, ¾ PIVOT, SHUFFLE SIDE

- 1,2,3&4 Man Step fwd L, step fwd R, step fwd L, step R next to L, step fwd L
- 1,2 Lady Turn ½ right stepping fwd R, turn ½ right stepping back L
- 3&4 Lady Turn ¼ right stepping side R, step L next R, turn ¼ right stepping fwd R
- 5,6,7 Step fwd R, pivot ½ left (weight on L), turn ¼ left stepping side R (facing OLOD)
- &8 Step L next to R, step side R

Hands:

Count 1: bring lady's right over her head, Count 2: pick up lady's L and man's R Count 5: release hands, Count 7: pick them up

[17-24] ROCK, REPLACE, SHUFFLE SIDE, ROCK, REPLACE, SHUFFLE SIDE

1,2,3&4Cross rock L behind R, replace weight R, step side L, step R next L, step side L5,6,7&8Cross rock R behind L, replace weight L, step side R, step L next to R, step side RHands: Count 3: pick up lady's right, Count 5: release lady's left, Count 7: reconnect

[25-32] BEHIND, ¼ TURN, ROCK, REPLACE, 2 SHUFFLES TO START POSITION

1,2,3,4 Cross step L behind R, turn ¼ right stepping fwd R (BLOD), rock fwd L, replace weight on R

5&6 Man Turn ¼ left stepping side L, step R next to L, turn ¼ left stepping fwd L (facing LOD)

- 7&8 Man Step fwd R, step L next to R, step fwd R
- 5&6 Lady Turn ¼ right stepping side R, step L next R, turn ¼ right stepping fwd R
- 7&8 Lady Turn ½ right stepping back L, step R next to L, step back L (facing BLOD)

Hands:

Count 2: release lady's left, Counts 5&6: lady turns under man's left

Count 8: return to starting position





牆數:0