## Seven Year Ache（P）

拍數： 64
婣數： 0
級數：Low Intermediate
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音樂：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， $1 / 4$ Turn L Shuffle，（Walk）x $2,1 / 4$ Turn L Shuffle Side
W：Side，Together， $1 / 4$ Turn L Shuffle Back，（Back）$\times 2,1 / 4$ 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 $1 / 4$ turn to left L．R．L
W：Shuffle back $1 / 4$ turn to left R．L．R
5－6 $\quad$ M：RF in front－LF in front
W：LF behind－RF behind
7\＆8 M：Shuffle side $1 / 4$ turn to left R．L．R
W：Shuffle Side $1 / 4$ turn to left L．R．L
［17－24］M\＆W：Rock Back，Recover， $1 / 4$ Turn Shuffle Side，（Back）x 2， $1 / 4$ Turn Rock Side，Recover
1－2 M：LF behind PG－return on RF
W：RF behind－return on LF
3\＆4 M： $1 / 4$ turn to right shuffle side L．R．L
W： $1 / 4$ 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 $-1 / 4$ turn to right RF to right－return on LF
W：LF behind PG－RF behind－ $1 / 4$ 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， $1 / 4$ Turn R， $1 / 4$ Turn R， $1 / 4$ Turn Shuffle Fwd
W：Rock Back，Recover， $1 / 4$ Turn L Cross Shuffle，Back $1 / 4$ Turn L，Step Fwd， $1 / 4$ 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： $1 / 4$ turn to left cross shuffle L．R．L
Leave right hand and pass left hand over partner＇s head
5－6 $\quad M$ ： $1 / 4$ turn to right LF in front $-1 / 4$ turn to right $R F$ in front
W： $1 / 4$ turn to right RF behind－LF in front
$7 \& 8 \quad$ M： $1 / 4$ turn to right shuffle fwd L．R．L
W： $1 / 4$ turn to left shuffle side R．L．R
Return left hand over partner＇s head
［33－40］M\＆W：Rock Step，Recover， $1 / 4$ Turn Rock Side，Behind， $1 / 4$ Turn Step，Shuffle Fwd
M：RF in front－return on LF

W: LF in front - return on RF
3-4 $\quad \mathrm{M}: 1 / 4$ turn to right $R F$ to right - return on LF
W: $1 / 4$ turn to left LF to left - return on RF
Return to double hand hold position
5-6 M: RF cross behind - $1 / 4$ turn to left LF in front
W: LF cross behind $-1 / 4$ 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: $1 / 4$ Turn Side, Behind, Side, Cross, Side, $1 / 4$ Turn Step, Cross Fwd, Brush
1-2 $M: 1 / 4$ turn to right $L F$ to left - RF cross behind
W: $1 / 4$ 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 $-1 / 4$ turn to right $R F$ in front
W: RF to right $-1 / 4$ 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 $1 / 2$ Turn, Step, Pivot $1 / 2$ Turn, Rock Step, Recover
1-2 M: RF cross in front - LF behind
W: LF cross in front - RF behind
$3 \& 4 \quad$ M: Shuffle $1 / 2$ turn to right R.L.R
W: Shuffle $1 / 2$ turn to left L.R.L
Leave both hands and take back the partner's left hand
5-6 M: LF in front $-1 / 2$ turn to right weight on RF
W: RF in front $-1 / 2$ 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, 1⁄4 Turn Shuffle Side, Cross, Side, Behind Side Cross
1-2 M: LF behind - RF behind
W: RF behind - LF behind
3\&4 M: $1 / 4$ turn to left shuffle side L.R.L
W: $1 / 4$ 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

