

# Seven Year Ache (P)

**COPPER** KNOB  
STEPPERS

拍數: 64      牆數: 0      級數: Low Intermediate  
編舞者: France Bastien (CAN) & Serge Légaré (CAN) - February 2024  
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, ¼ Turn L Shuffle, (Walk) x 2, ¼ Turn L Shuffle Side**

**W: Side, Together, ¼ Turn L Shuffle Back, (Back) x 2, ¼ 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 ¼ turn to left L.R.L

**W: Shuffle back ¼ turn to left R.L.R**

5-6      M: RF in front – LF in front

**W: LF behind – RF behind**

7&8      M: Shuffle side ¼ turn to left R.L.R

**W: Shuffle Side ¼ turn to left L.R.L**

**[17-24] M&W: Rock Back, Recover, ¼ Turn Shuffle Side, (Back) x 2, ¼ Turn Rock Side, Recover**

1-2      M: LF behind PG – return on RF

**W: RF behind – return on LF**

3&4      M: ¼ turn to right shuffle side L.R.L

**W: ¼ 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 – ¼ turn to right RF to right – return on LF

**W: LF behind PG – RF behind – ¼ 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, ¼ Turn R, ¼ Turn R, ¼ Turn Shuffle Fwd**

**W: Rock Back, Recover, ¼ Turn L Cross Shuffle, Back ¼ Turn L, Step Fwd, ¼ 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: ¼ turn to left cross shuffle L.R.L**

**Leave right hand and pass left hand over partner's head**

5-6      M: ¼ turn to right LF in front – ¼ turn to right RF in front

**W: ¼ turn to right RF behind – LF in front**

7&8      M: ¼ turn to right shuffle fwd L.R.L

**W: ¼ turn to left shuffle side R.L.R**

**Return left hand over partner's head**

**[33-40] M&W: Rock Step, Recover, ¼ Turn Rock Side, Behind, ¼ Turn Step, Shuffle Fwd**

1-2      M: RF in front – return on LF

**W: LF in front – return on RF**

3-4 M: ¼ turn to right RF to right – return on LF

**W: ¼ turn to left LF to left – return on RF**

**Return to double hand hold position**

5-6 M: RF cross behind – ¼ turn to left LF in front

**W: LF cross behind – ¼ 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: ¼ Turn Side, Behind, Side, Cross, Side, ¼ Turn Step, Cross Fwd, Brush**

1-2 M: ¼ turn to right LF to left – RF cross behind

**W: ¼ 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 – ¼ turn to right RF in front

**W: RF to right – ¼ 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 ½ Turn, Step, Pivot ½ Turn, Rock Step, Recover**

1-2 M: RF cross in front – LF behind

**W: LF cross in front – RF behind**

3&4 M: Shuffle ½ turn to right R.L.R

**W: Shuffle ½ turn to left L.R.L**

**Leave both hands and take back the partner's left hand**

5-6 M: LF in front – ½ turn to right weight on RF

**W: RF in front – ½ 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, ¼ Turn Shuffle Side, Cross, Side, Behind Side Cross**

1-2 M: LF behind – RF behind

**W: RF behind – LF behind**

3&4 M: ¼ turn to left shuffle side L.R.L

**W: ¼ 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**

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