

# CHA 7 CHA

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**Count:** 32      **Wall:** 4      **Level:** Beginner/Intermediate level

**Choreographer:** Steve Jeffries & Toni Holmes (UK)

**Music:** Seven Year Ache by Trisha Yearwood (124BPM)

## STEP, HOLD, ROCK, RECOVER, SIDE CLOSE SHUFFLE ¼ TURN LEFT

- 1-2      Step to Right On Right, Hold
- 3-4      Rock Left Behind Right, Recover Weight To Right
- 5-6      Step Left To Left Side, Close Right To Left
- 7&8      Shuffle To Left : Left, Right, Left Turning ¼ Left On Last Step

## STEP, PIVOT, SHUFFLE FORWARD, TOE STRUT, KICK BALL FORWARD

- 1-2      Step Right Forward, Pivot ½ Turn Left Over Left Shoulder
- 3&4      Shuffle Forward : Right, Left, Right
- 5-6      Step Left Toe Forward, Drop Heel To Floor
- 7&8      Kick Right Foot Forward, Step Right Next To Left, Step Left Foot Forward

## TOE STRUT, KICK BALL FORWARD, ROCK & RECOVER, SHUFFLE BACKWARDS

- 1-2      Step Right Toe Forward, Drop Heel To Floor
- 3&4      Kick Left Foot Forward, Step Left Next To Right, Step Right Foot Forward
- 5-6      Rock Left Foot Forward, Recover Weight To Right
- 7&8      Shuffle Backwards : Left, Right, Left

## FULL TURN BACKWARDS WITH HOLD, STEP OUT-OUT, BACK ROCK

- 1-2      On Ball Of Left ½ Turn Right Stepping Forward On Right , Hold
- 3-4      On Ball Of Right ½ Turn Right Stepping Back On Left , Hold

**Alternate Steps Rock Backward On Right (1), Recover On Left (2), Rock Forward On Right (3), Recover On Left (4)**

- 5-6      Step Right Foot Out To Right, Step Left Foot Out To Left

## 7-8 Rock Right Foot Behind Left, Recover Weight To Left START AGAIN

**Suggested: Seven Year Ache - Rosanne Cash (124BPM) My Maria - Brooks & Dunn (124BPM)  
What A Crying Shame - The Mavericks (120BPM) Here Comes The Rain - The Mavericks  
(120BPM) If I Said You Had A Beautiful Body - Bellamy Bros (120BPM)**

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