

# Seven Days

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**Count:** 96      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Chris Jackson of 'Floorshakers'. (Aug 2013)

**Music:** 'Seven Days' by 'Tammi Lavette' ['Tammi Lavette Selected Hits']

**32-count intro from bass - Start on vocal. 1 restart**

**RIGHT ROCKING CHAIR, STEP TURN, FULL TURN**

**1,2,3,4,5,6,7,8** Rock forward right, recover left, rock back right, recover left, forward right, half-turn left, half-turn left (back on right), half-turn left (forward left)

**FORWARD ROCK-TOUCH TURN, FORWARD ROCK -TOUCH TURN**

**9,10,11,12** Rock forward right, recover left, touch right back, unwind half-turn right

**13,14,15,16** rock forward left, recover right, touch left back, unwind half-turn left

**PIVOT A QUARTER, CROSS SHUFFLE, SIDE ROCK, BEHIND-SIDE-CROSS**

**17,18,19&20** Step forward right, pivot a quarter-turn left, cross right over left, left to left

**21,22,23&24** side, cross right over left, rock left to left side, recover right, left behind right, right to right side, cross left over right

**PADDLE ONCE, PADDLE TWICE, PUSH TURN, PUSH TURN**

**25,26,27,28** Step forward right on right diagonal of 3 o'clock wall, paddle a quarter-turn

**29,30,31,32** left, step forward on right diagonal of 12 o'clock wall, paddle a quarter-turn left (you should now be facing the left diagonal of the 12 o'clock wall), forward right, pivot half-turn left (push turn), forward right, pivot half-turn left (push turn)

**CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE**

**33&34,35,36** Straighten up to the 12 o'clock wall as you cross right over left, left to left

**37&38,39,40** side, cross right over left, rock left to left side, recover right, cross left over right, right to right side, cross left over right, make a quarter-turn left as you step back on right, left to left side

**CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, TURN SIDE**

**41&42,43,44** Cross right over left, left to left side, cross right over left, rock left to left

**45&46,47,48**side, recover right, cross left over right, right to right side, cross left over right, make a quarter-turn left as you step back on right, left to left side

### **CROSS ROCK, SHUFFLE TURN, SHUFFLE TURN, SHUFFLE TURN**

**49,50, 51&52** Cross right over left, recover on left, shuffle a quarter-turn right, shuffle a

**53&54,55&56**half-turn right, shuffle a half-turn right

### **FORWARD AND BACK, CROSS, BACK, TURN, SHUFFLE LEFT**

**57,58,59,60** Rock forward left, recover right, step back on left, cross right over left, step

**61,62,63&64**back on left, make a quarter-turn right stepping forward on right, shuffle forward left-right-left

### **CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP**

**65,66,67,68** Cross right over left, point left to left side, cross left over right, point right to

**69,70,71,72**to right side, cross right over left, step back left, right to right side, step forward left

### **FORWARD ROCK AND SHUFFLE HALF TURN, FORWARD ROCK AND COASTER STEP**

**73,74,75&76**rock forward on right, recover on left, shuffle a half-turn right,

**77,78,79&80**rock forward on left, recover on right, step back left, right next to left, forward on left

### **CROSS POINT, CROSS POINT, JAZZ BOX WITH A STEP**

**81,82,83,84** Cross right over left, point left to left side, cross left over right, point right to

**85,86,87,88**to right side, cross right over left, step back left, right to right side, step forward left

### **FORWARD ROCK AND SHUFFLE THREE-QUARTERS, FORWARD ROCK AND COASTER STEP**

**89,90,91&92**rock forward on right, recover on left, shuffle a threequarter-turn right, rock

**93,94,95&96**forward on left, recover on right, step back left, right next to left, forward on left

**Restart: Wall 3 - Wall starts 6 o'clock, dance up to Step 64 also facing 6 o'clock and  
Start again from the beginning**

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