

# Seven Rings Small

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**Count:** 80

**Wall:** 4

**Level:** Phrased Beginner

**Choreographer:** Lesley Miller (Legend in Line over 21's Club) February 2019

**Music:** 7 Rings by Ariana Grande

## Waltz: Dance sequence twice

### Section 1: Sway x 2, Step Rumba back

123, 456 Sway body to Right, Sway body to Left

123, 456 Step RF to R, step L to RF, step back RF, slide LF backwards to RF, hold, hold

### Section 2: Sway x 2, Step Rumba back

123, 456 Sway body to Left, Sway body to Right

123, 456 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold, hold

### Section 3: Reverse Rumba box

123, 456 Step RF to R, step L to RF, step back RF, slide LF in to RF, hold, hold

123, 456 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold, hold

### Section 4: Rock steps x 3 step with $\frac{1}{4}$ turn L

123, 456 Rock RF to R side, replace LF, step RF behind L, Rock LF to L side, replace RF, step LF behind R

123, 456 Rock RF to R side, replace LF, step RF behind L, Step LF  $\frac{1}{4}$  forward, hold, hold

## Common: Dance sequence twice

### Section 1: Sway x 2, Step Rumba back

1 2 3 4 Sway body to Right, Sway body to Left

5 6 7 8 Step RF to R, step L to RF, step back RF, slide LF backwards to RF, hold

### Section 2: Sway x 2, Step Rumba back

1 2 3 4 Sway body to Left, Sway body to Right

5 6 7 8 Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold

### Section 3: Reverse Rumba box

1 2 3 4 Step RF to R, step L to RF, step back RF, slide LF in to RF, hold

**5 6 7 8** Step LF to L, step R to LF, step forward LF, slide RF forward to LF, hold

**Section 4: Rock steps x 3 step with  $\frac{1}{4}$  turn L**

**1&2 3&4** Rock RF to R side, Replace LF, step RF behind L, Rock LF to L side, replace RF, step LF behind R

**5&6 7&8** Rock RF to R side, replace LF, step RF behind L, Step LF  $\frac{1}{4}$  forward, hold, hold

**\*NOTE\* Dance - 48cts Waltz style continuing with 32cts Hip Hop styling - repeat sequence to end of dance, add own finish**