

7-Up

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Count: 48 **Wall:** 4 **Level:** Beginner

Choreographer: Karen McMillan Clark (USA) - March 2022

Music: - Garth Brooks

Two tags (Walls 2 and 4) one restart (Wall 3), described at bottom of stepsheet)

#16 count intro before dance starts

TWO ROCKING CHAIRS, SHUFFLE, ½ TURN

1&2&,R forward, L back, R back, L forward,

3&4&REPEAT R forward, L back, R back, L forward

5&6 Shuffle forward (R, L, R)

7,8 Pivot ½ turn to R

(BACK WALL) TWO ROCKING CHAIRS, SHUFFLE, ½ TURN

1&2&,R forward, L back, R back, L forward,

3&4&REPEAT R forward, L back, R back, L forward

5&6 Shuffle forward (R, L, R)

7,8 Pivot ½ turn to R

ROCK, RECOVER, CROSS AND CROSS, LINDY

1, 2 Rock on R, recover on L

3&4 Cross R over L, L step out, R cross over L

5&6 Shuffle to L, (L, R, L)

7, 8R step behind, L step forward

TWO KICK BALL CHANGES, LINDY

1&2R kick forward, R step back, L step forward

3&4R kick forward, R step back, L step forward

5&6 Shuffle to R, (R, L, R)

7&8L step behind, R step forward

KICK, STEP, POINT (4X)

1&2 Kick L, step on L, point R to side

3&4 Kick R, step on R, point L to side

5&6 Kick L, step on L, point R to side

7&8 Kick R, step on R, point L to side

¼ TURN JAZZ BOX, SWAY (4X)

1, 2, Cross L over R, step back on R

3, 4, Step on L to side while turning ¼ to L, R step together (or cross over R)

5, 6, Sway to R, sway to L

7, 8 Sway to R, sway to L

TAG (8 counts) Two tags, 8 counts at the end of Wall 2 and 4

POINT, POINT, SAILOR STEP (or BACK, SIDE, TOGETHER)

1, 2, Point R front, point R to side

3&4R behind L, L to side, R step to center

5, 6, Point L front, point L to side

7&8L behind R, R to side, L step to center

RESTART

During Wall 3 at count 36, after kick, step, point then kick, step, STEP, (on the word REPLAY) before starting again with two rocking chairs

OPTIONAL ENDING

Two 8 count tags turning to front wall on last 4 counts

Any questions? Email: cplevin@gmail.com

Keep on dancing during these difficult times! Hope you enjoy my choreography!