

# Go Seven

Choreographed By : Ria Vos  
Music : **Seven Lonely Days** "By" Bouke  
Descriptions : 32 count - 4 wall - Beginner line dance  
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Intro: 24 Counts

## **R Heel Grind, Fwd, Coaster Step, L Rock Fwd, Shuffle ½ Turn L**

1-2 Grind R heel Fwd, Recover on L  
3&4 Step Back on Ro, Step L next to R, step Fwd on R  
5-6 Rock Fwd on L, Recover on R  
7&8 Shuffle ½ Turn Left Stepping L, R, L (6:00)

## **R Heel Grind Fwd, Coaster Step, Point Fwd, Point Side, & Side Point, Hitch**

1-2 Grind R Heel Fwd, Recover on L  
3&4 Step back on R, Step L next to R, step Fwd on R  
5-6 L Point Fwd, L Point to Left Side  
&7-8 Step L next to R, Point R to Right Side, Hitch R

## **Chasse R, Rock Back, Side, Hold/Clap & Side, Hold/Clap**

1&2 Step R to Right Side, Step L next to R, Step R to Right Side  
3-4 Rock Back on L, Recover on R  
5-6 Step L to Left side, Hold/Clap  
&7-8 Step R next to L, Step L to Left side, Hold/Clap

## **Jazz Box ¼ Turn R, Point, Step Fwd, Point, Step Fwd**

1-2 Cross R over L, Step back on L ¼ Turn Right (9:00)  
3-4 Step R to Right side, Cross L over R  
5-6 Point R to Right Side, Step Fwd on R  
7-8 Point L to Left Side, Step Fwd on L