7 Years

Count: 32 Wall: 2 Level: Upper Intermediate Night Club 2Step

Choreographer: Luke Watson, April 2016 – [dixienz@gmail.com](mailto:dixienz@gmail.com)

Music: 7 Years by Lukas Graham- BPM 120

Intro: 16 Counts from the start of the track

**Section 1 Rock, ¾ Hinge, Step, Step, Pivot, Step-Drag, Step-Drag, Rock, Recover, Full Turn**

1,2&3 Rock R to R, Recover the weight back onto L starting the ¾ hinge turn R over R Shoulder, Finish the hinge turn stepping onto R (9.00) , Step fwd onto L

4&5,6 Step fwd onto R, Pivot ½ turn L on balls of both feet (&) (3.00), Step fwd on R dragging the L, Step fwd on L dragging the R

7&8& Step/Rock fwd onto R, Rock back onto L (&), Making ½ turn R Step fwd onto R, Making ½ turn R Step Back on L (&)(3.00)

**Section 2 ¼ Turn R , Basic Night Club, Step, Drag ½ Turn, Shuffle, Cross Rock, Recover, Step, Pivot, Pivot**

1,2&3 Making ¼ turn R Step R to R (6.00), Step/Rock L behind R, Replace weight fwd onto R (&) Step L to L making a ½ turn R dragging R together as you complete the turn (12.00)

4&5,6& Shuffle R stepping R, L(&), R, Cross Rock L in front of R, Replace the weight back onto R (&)

7&8&1 Step fwd on L towards L 45 deg (10.30), Step fwd onto R (&)

Pivot ½ turn Left (4.30), Step fwd onto R, Pivot ½ turn L (1) (10.30)

**Section 3 Coaster Drag, Coaster Drag, Cross, Back, Back, Cross, Back, Back**

2&3 Step fwd on R, Step L Beside R (straighten up to 12.00)(&)

Step Back on R dragging the L slightly towards R changing direction to 1.30

4&5 Step back on L, Step R beside L (straighten up to 3.00)(&)

Step fwd on L dragging the R slightly towards L changing direction to 4.30

6&7&8& Cross R in front of L, Step L to L straightening up to 6.00 (&)

Step back on R, Cross L in front of R (&) Step Back on R , Step back on L (&)

**Section 4 Rock, Recover Drag, Step, Step ½ turn, Step ¼ turn, Cross, Step, ½ turn, Cross, Step ¼ turn, Step ½ turn**

1,2 Step/Rock fwd onto R, Rock Back onto L dragging R

3&4& Step back on R, Step fwd on L making ½ turn L (12.00)(&), Step fwd on R, Make ¼ turn L on balls of both feet (9.00).

5,6&7 Cross R in front of L, Step L to L, Step R to Right making ½ turn R(&) (3.00), Cross L in front of R

8& Step Back on R making ¼ turn L (12.00), Step fwd onto L making ½ turn L (6.00) (&)