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7 Nights 2 Rock

48 count, 2 wall, intermediate level
Choreographer: Frida Axelsson (Sweden) July 2007
Choreographed to: Seven Nights To Rock by The
Refreshments or you can dance it to any quick
rock'n'roll music!

Intro: They count in for you ;-)

KICK RF FWD, HOOK BEHIND AND SLAP, RIGHT CHASSE $^{1}\!\!\!/$ TURN R, SCUFF LF, SCOOT RF, TURN $^{1}\!\!\!/$ R, STEP BACK, STEP BESIDE

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1	RF	kick forward

2 RF hook behind LF and slap with left hand

3 RF step side right & LF step beside RF

4 RF step side right, turn ¼ right

5 LF scuff forward

& RF scoot forward, turn 1/4 right

6 LF step down

7 RF turn ¼ right, step in place

8 LF step beside RF, shoulder wide apart

R KNEEPOP, SYNCHOPATED JUMPS LEFT AND RIGHT, STEP TURN $\frac{1}{2}$ R, CLAP, POINT BACK, TURN $\frac{1}{2}$ R, CLAP

1	RF	pop knee in
2	RF	pop knee out
&	LF	jump side left
3	RF	jump beside LF
&	RF	jump side right
4	LF	jump beside RF
5	LF	step forward
6	LF	turn 1/2 right, clap
7	RF	point behind
8	RF	turn 1/2 right, clap

LEFT SHUFFLE FWD, (CLAP), RIGHT SHUFFLE FWD, (CLAP)

1	LF	step forward
2	RF	step beside LF
3	LF	step forward
4		clap if you want to
5	RF	step forward
6	LF	step beside RF
7	RF	step forward
8		clap if you want to

STEP LF FWD, TOUCH R TOES BEHIND, STEP DOWN RF, HITCH LF, STEP LF DOWN, SWEEP RF TURNING $^{1\!\!4}$ R, STEP LF DOWN

1	LF	step forward
2	RF	touch toes behind LF
3	RF	step in place
4	LF	hitch
5	LF	step in place

6 RF sweep from left to right and turn 1/4 right

7 RF step in place
 8 LF step beside RF

TOUCH, FLICK AND SLAP, TOUCH, HOOK AND SLAP, STEP, HOOK BEHIND AND SLAP, STEP DOWN, SWIVEL RIGHT

RF	touch beside LF		
RF	flick and slap with right hand		
RF	touch beside LF		
RF	hook in front of LF, slap with left hand		
RF	step in place		
LF	hook behind RF, slap with right hand		
LF	step in place		
	weight on toes LF and heel RF, swivel right		
	RF RF RF RF LF		

FLICK SAILOR TURN $\frac{1}{2}$ LEFT, KICK BALL CHANGE, CLAP weight on flick, turn ½ left step back step beside LF step forward RF LF LF 2 3 4 RF 5 LF 6 RF kick forward step in place step in place & 7 RF LF 8 clap

Move your feet and enjoy, good luck!

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