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16 Count 4 Wall High Beginner Level Dance.
Choreographed by: Mike Liadouze (FR) Apr 2026
Choreographed to: 7 Years (André Remix Foxtrot) by Lukas Graham
Intro: 8 Counts. Start at approx 9 secs.

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SEC 1 FEATHER STEP, FEATHER STEP, ¼ SWAY, ½ TURN STEP X6

- 1-2& Step RF forward, step LF forward, step RF forward
- 3-4& Step LF forward, step RF forward, step LF forward
- 5-6& ¼ Turn L step/sway RF side, step LF side, cross RF over LF (9:00)
- 7&8& ¼ Turn L step LF forward, step RF forward, ¼ turn L cross LF over RF, step RF side (3:00)

SEC 2 CROSS ROCK SIDE, CROSS ROCK SIDE, WALK, WALK, SHUFFLE SIDE

- 1-2& Rock LF over RF, recover on RF behind LF, step LF side
- 3-4& Rock RF over LF, recover on LF behind RF, step RF side
- 5-6 Step LF forward, step RF forward
- 7&8 Step LF side, step RF together, big step LF side dragging RF together



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