Go Seven
Choreographed by Ria Vos

Description: 32 count, 4 wall, beginner line dance
Music: “Seven Lonely Days” by Bouke
“Go” by The Refreshments

HEEL GRIND, COASTER STEP, ROCK-STEP, ½ TURNING SHUFFLE
1,2 Grind right heel forward, recover weight to left
3&4 Step back right, step left next to right, step forward right
5,6 Rock forward left, recover weight to right
7&8 Shuffle ½ turn left (Stepping left, right, left) (6:00)

HEEL GRIND, COASTER STEP, POINT FORWARD, POINT SIDE, & SIDE POINT, HITCH
1,2 Grind right heel forward, recover weight to left
3&4 Step back right, step left next to right, step forward right
5,6 Point left toe forward, point left toe to left
&7,8 Step left next to right, point right to right, hitch right

SHUFFLE RIGHT, ROCK-STEP, STEP SIDE, HOLD/CLAP & SIDE, HOLD/CLAP
1&2 Step right to right, step left next to right, step right to right
3,4 Rock back left, recover weight to right
5,6 Step left to left, Hold/Clap
&7,8 Step right next to left, step left to left, Hold/Clap

¼ TURNING JAZZ BOX, SIDE POINT, STEP FORWARD, SIDE POINT, STEP FORWARD
1,2 Cross right over left, step back left turning ¼ turn right (9:00)
3,4 Step right to right, cross left over right
5,6 Point right to right, step forward right
7,8 Point left to left, step forward left