

7 YEARS OLD

Choreographed by Michael Barr (October 2016) USA
Website: www.michaelandmichele.com / Email: mbarr@saber.net



Description: Phrased Line Dance / Level: Intermediate / Phrased A - 32 cts. B - 32 cts. / No Tags - No Restarts
Music: "7 Years Old" by Lukas Graham / CD: Lukas Graham / Lead: 32 counts. Start on vocals
Download: Single download on iTunes & Amazon.com / Length: 3:57
Phrasing: The sequence: A, B, A, B, A, B, A, A (facing 12 - turning to 9), B, A, A, A, A, 4 counts of A to the front
Word hints: All the A's start with the word "Once" or the word "Soon". Example: "Once I was... Soon I'll be..."
Wall hints: Notice that B is always a one wall pattern, no matter which wall you start it on. Rotation of B's: 3,6,9,3

Thanks to my So. Cal. friends; Kim E., Caroline K., and Ruben L., for suggesting the music!!!

Section	Footwork	
<u>A – 1 – 8</u>	<u>¼ Step, Sweep, Cross Step, Step - Step, Sweep, Cross Step, Step</u>	
1 – 2	Turn ¼ left stepping L forward; Sweep R from back to front	9
3 – 4	Step R forward in front of L; Step L slightly forward to left diagonal	9
5 – 6	Step R forward; Sweep L from back to front	9
7 – 8	Step L forward in front of R; Step R slightly forward to right diagonal	9
<u>A – 9 – 16</u>	<u>Cross, Back, Back, Cross - Back, ½ R, ¼ R, Cross</u>	
1, 2	Step L in front of R (facing right diagonal); Step R back on right diagonal (square up)	9
3, 4	Step L back (facing left diagonal); Step R in front of L	9
5, 6	Step L back on left diagonal (square up); Turn ½ right stepping R forward	3
7, 8	Turn ¼ right stepping L side left; Step R in front of L	6
<u>A – 17 – 24</u>	<u>Side, Hold, Rock, Return - ¼ Side L, Hold, Behind, Side</u>	
1, 2 - 3, 4	Step L side left; Hold; Rock R back; Return to L in place	6
5, 6 - 7, 8	Turn ¼ left stepping R side right; Hold; Step L behind R; Step R side right (angle hips to right)	3
<u>A – 25 – 32</u>	<u>Cross, Hold, Rock Side, Return - Cross, Hold, Side, Behind</u>	
1, 2 - 3, 4	Step L in front of R; Hold; Rock R side right; Return onto L stepping slightly back	3
5, 6 - 7, 8	Step R in front of L; Hold; Step L side left; Step R behind L	3
<u>B – 1 – 8</u>	<u>2 ct. Full Turn Left, Side Rock, Return - Cross, Hold, Side Rock, Return</u>	
1, 2 - 3, 4	Step L into a full turn left for 2 counts (keep R close to L ankle); (3)Rock R side right; (4)Return to L	3
5, 6 - 7, 8	Step R in front of L; Hold; Rock L side left; Return to R, stepping back slightly	3
<u>B – 9 – 16</u>	<u>Cross, Hold, Side, Behind - ¼ Turn Right, Forward, ½ Turn Right, Forward</u>	
1, 2 - 3, 4	Step L in front of R; Hold; Step R side right; Step L behind R	3
5, 6, 7, 8	Turn ¼ right stepping forward on R; Step L forward; Turn ½ right onto R; Step L forward	12
<u>B – 17 – 24</u>	<u>Forward Diag. Rock (2 cts), Return, Side - Forward Diag. Rock (2 cts), Return, Side</u>	
1, 2 - 3, 4	Step R to left forward diagonal; Continue forward movement; Return weight to L; Step R side right	12
5, 6 - 7, 8	Step L to right forward diagonal: Continue forward movement; Return weight to R; Step L side left	12
<u>B – 25 – 32</u>	<u>Step, Hold, Side, Back - Back, Hold, ¼ Turn Right, Touch Together</u>	
1, 2 - 3, 4	Step R forward in front of L; Hold; Step L side left; Step back on R (open hips slightly to right)	12
5, 6 - 7, 8	Step L back on diagonal; Hold; Turn ¼ right stepping R side right; Touch L next to R (sit a little)	3

Begin Again and Enjoy!