

# Go Seven

**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Ria Vos

**Music:** Seven Lonely Days by Bouke

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**Alt. Music: Go by The Refreshments, CD: Rarities (fast)**

**Intro for Bouke – 24 counts; [Intro for The Refreshments – 32 counts]**

**R Heel Grind, Fwd, Coaster Step, L Rock Fwd, Shuffle ½ Turn L**

1-2            Grind R heel Fwd, Recover on L  
3&4           Step Back on Ro, Step L next to R, step Fwd on R  
5-6           Rock Fwd on L, Recover on R  
7&8           Shuffle ½ Turn Left Stepping L, R, L (6:00)

**R Heel Grind Fwd, Coaster Step, Point Fwd, Point Side, & Side Point, Hitch**

1-2            Grind R Heel Fwd, Recover on L  
3&4           Step back on R, Step L next to R, step Fwd on R  
5-6           L Point Fwd, L Point to Left Side  
&7-8          Step L next to R, Point R to Right Side, Hitch R

**Chasse R, Rock Back, Side, Hold/Clap & Side, Hold/Clap**

1&2           Step R to Right Side, Step L next to R, Step R to Right Side  
3-4           Rock Back on L, Recover on R  
5-6           Step L to Left side, Hold/Clap  
&7-8          Step R next to L, Step L to Left side, Hold/Clap

**Jazz Box ¼ Turn R, Point, Step Fwd, Point, Step Fwd**

1-2            Cross R over L, Step back on L ¼ Turn Right (9:00)  
3-4            Step R to Right side, Cross L over R  
5-6            Point R to Right Side, Step Fwd on R  
7-8            Point L to Left Side, Step Fwd on L

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