## 7 Minutes

# Count: 32 (1 Restart with 4 counts tag, 1 Restart, Tag: 4 counts, Bridge: ( $4 \times 12$ ) +2 counts) Wall: 2 

Choreographer: Hiroko Carlsson (Grafton, Australia) March 2019
Music: 7 Minutes / Artist: Dean Lewis - Available on iTune
Please feel free to contact me if you need any further information.
(hirokoclinedancing@gmail.com)
[S1] Back, 1/2R Shuffle Fwd, 1/2R Back, 1/2R Shuffle Fwd, Step-Pivot 1/4R
1 Step back on L
2\&3 Make a $1 / 2$ turn right stepping forward on R, Step L next to R, Step forward on L
4 Make a $1 / 2$ turn right stepping back on $L$
5\&6 Make a $1 / 2$ turn right stepping forward on R, Step $L$ next to R, Step forward on $L$
78 Step forward on L, Make a $1 / 4$ turn right recover weight on R (9:00)
[S2] Cross, Side, Behind, Sweep, Behind, 1/4L, 1/2L Shuffle Back
1234 Cross L over R, Step R to side, Step L behind R, Sweeping R around L
56 Step R behind L, Make a $1 / 4$ turn left stepping forward on $L$
7\&8 Make a $1 / 2$ turn left stepping back on R, Step L next to R, Step back on R* (12:00)
[S3] Kick Ball Cross, 2 Bounces 1/2L Unwind, Kick Ball Cross, 3/4R, Hook
1\&2 Kick L to left diagonal, Step ball of L slightly back, Cross R over L
\&3\&4 Raise heels, Make a $1 / 4$ turn left \& lower heels, Raise heels, Make a $1 / 4$ turn left \& lower heels (weights on L )
5\&6 Kick R to right diagonal, Step ball of R slightly back, Cross L over R
78 Unwind $3 / 4$ right on ball of L, Hook R (3:00)
[S4] Lock Step RL, Step-Pivot 1/4L-Cross, 1/2R Hitch
1\&2 Step forward on R, Step/lock L behind R, Step forward on R
3\&4 Step forward on L, Step/lock R behind L, Step forward on L
56 Step forward on R, Make a $1 / 4$ turn left recover weight on $L$
78 Cross R over L, Make a $1 / 2$ turn right on ball of right foot hitching left foot (6:00)
Repeat
$1^{\text {st }}$ Restart: Wall 3 count 16* (12:00) + 4 count tag (Side Rock, Cross Rock)
1234 Rock/step L to left, Recover weight on R, Rock/cross L over R, Recover weight on R
$2^{\text {nd }}$ Restart: Wall 5 count 16* (6:00)
Tag: End of Wall 6 (12:00) + 4 count tag (Side Rock, Cross Rock)
1234 Rock/step L to left, Recover weight on R, Rock/cross L over R, Recover weight on R
Bridge: End of Wall 8 (12:00) - go around clockwise
4x 12 counts bridge - Back Sweep, Back Sweep, Touch-Unwind 1/2L, Back Sweep, Back Sweep 1/4L, Anchor
1234 Step back on L, Sweep R around L, Step back on R, Sweep L around R
5678 Touch L behind R, Unwind 1/2L weight ends on R, Step back on L, Sweep R around L
910 Step back on R, Make a $1 / 4$ turn left sweeping L around R
1112 Lock L behind R, Step weight onto R (3:00)
Repeat this sequence 3 times then Stomp R next to L (1), Hold (2) (12:00)

