

# Seven Year Ache

Song: Seven Year Ache (3:35) 122bpm

Artist: Trisha Yearwood (with Rosanne cash)

Album: Inside out (2001) available on iTunes

Choreographer: Jim Watt, September 2015

Description: 4 wall, 32 count, counter clockwise, beginner line dance,  
Feet together with weight on left.

**1-8**

1,2,3,4,  
5,6,7,8

**Double hips Right, Double hips Left, Coaster step, Touch**

bump hips to right twice, bump hips to left twice  
step right back, step left next to right, step right forward, touch left next to right

**9-16**

1,2,3,4,  
5,6,7,8

**Double hips Left, Double hips Right, Coaster step, Touch**

bump hips to left twice, bump hips to right twice  
step left back, step right next to left, step left forward, touch right next to left

**17-24**

1,2,3,4  
5,6,7,8

**Side, Together, Back, Touch, Side, Together, Forward, Touch**

step right to side, step left next to right, step right back, touch left next to right  
step left to side, step right next to left, step left forward, touch right next to left

**25-32**

1,2,3,4  
5,6,7,8

**Vine to the right, Touch, Vine to the left ¼ turn, Touch**

step right to the side, step left behind right, step right to the side, touch left next to right  
step left to the side, step right behind left, step left to the side turning ¼ left, touch right  
next to left

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Jim Watt  
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version 1.1

