

# Seven Nights

Choreographer: Dan Albro  
Description: 32 count, beginner/intermediate partner/circle dance  
Music: **Seven Lonely Days** by Bouke



*Position: Closed Social Position. Man facing LOD. Lady facing RLOD  
Start dancing on lyrics*

## Beats / Step Description

### MAN'S STEPS :

#### **EAST COAST SWING BASIC**

1&2 Step left side, step right together, step left side  
3&4 Step right side, step left together, step right side  
5,6 Rock left back, recover to right

#### **¼ TURN EAST COAST SWING BASIC**

1&2 Turn ¼ left and step left side, step right together, step left side  
3&4 Triple in place right, left, right (turning lady under left arm)  
5,6 Rock left back, recover to right

#### **2 STEPS IN PLACE, ¼ TURN 3 SHUFFLES FORWARD**

*Turning lady with left hand. Lady inside, man outside*

1,2 Step left in place, step right in place  
3&4 Turn ¼ right and shuffle forward left, right, left  
5&6 Chassé forward right, left, right  
7&8 Chassé forward left, right, left

#### **¼ TURN SIDE, TOGETHER, SIDE, TOUCH, ROCK, REPLACE, ¼ TURN, HOLD**

1,2 Turn ¼ left and step right side, step left together  
*Man facing ILOD, lady's facing OLOD, 2 hand hold*  
3,4 Step right side, touch left together  
5,6 Rock left back, recover to right  
*Release man's right, lady's left hands*  
7,8 Turn ¼ right and step left side, hold

#### **ROCK BACK, REPLACE, STEP FORWARD, HOLD**

1,2 Rock right back, recover to left  
3,4 Step right forward, hold (return to close social position)

### LADY'S

#### **EAST COAST SWING BASIC**

: Step right side, step left together, step right side  
: Step left side, step right together, step left side  
: Rock right back, recover to left

#### **(LADY'S UNDERARM ¼ TURN)**

: Step right forward, step left together, step forward  
right (traveling RLOD)  
: Turn ¼ right and step left side, step right together, turn ¼ right  
and step left back  
: Rock right back, recover to left

#### **½ TURN, ½ TURN, 3 SHUFFLES FORWARD**

: Turn ½ left (traveling flod) stepping right back, turn ½ left  
and step forward left  
: Chassé forward right, left, right  
: Chassé forward left, right, left  
: Chassé forward right, left, right

: Turn ¼ right and step left side, step right together

: Step left side, touch right together

: Rock right back, recover to left

: Turn ¼ left and step forward right, ½ spot turn left on right

: Rock left back, recover to right

: Step left forward, hold

## Smile and Begin Again