

STEPPIN' OFF

THE Page



Approved by:



Go Seven

4 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Heel Grind, Coaster Step, Forward Rock, Shuffle 1/2 Turn		
1 – 2	Grind right heel forward. Recover onto left.	Heel Grind	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 – 6	Rock forward on left. Recover onto right.	Rock Forward	
7 & 8	Shuffle step 1/2 turn left, stepping - left, right, left. (6:00)	Shuffle Half	Turning left
Section 2	Heel Grind, Coaster Step, Point Forward, Point Side, & Point Side, Hitch		
1 – 2	Grind right heel forward. Recover onto left.	Heel Grind	On the spot
3 & 4	Step right back. Step left beside right. Step right forward.	Coaster Step	
5 – 6	Point left forward. Point left to left side.	Point Point	
& 7 – 8	Step left beside right. Point right to right side. Hitch right.	& Point Hitch	
Section 3	Chasse, Back Rock, Side, Hold/Clap, Side, Hold, & Side, Hold/Clap		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
3 – 4	Rock back on left. Recover onto right.	Rock Back	On the spot
5 – 6	Step left to left side. Hold and clap.	Side Hold	Left
& 7 – 8	Step right beside left. Step left to left side. Hold and clap.	& Side Hold	
Section 4	Jazz Box 1/4 Turn Cross, Point, Step, Point, Step		
1 – 2	Cross right over left. Step left back turning 1/4 right. (9:00)	Cross Quarter	Turning right
3 – 4	Step right to right side. Cross left over right.	Side Cross	Right
5 – 6	Point right to right side. Step right forward.	Point Step	Forward
7 – 8	Point left to left side. Step left forward.	Point Step	

Choreographed by: Ria Vos (NL) November 2011

Choreographed to: 'Seven Lonely Days' by Bouke from CD For The Good Times (slow); also available as download from iTunes (24 count intro - approx 11 secs, on the word 'whole')

Music suggestion: 'Go' by The Refreshments from CD The Rarities (fast) (32 count intro)



A video clip of this dance is available at www.linedancermagazine.com