

SEVEN LONELY DAYS

Choreo: Barry & Bobbie Bartlette, 9781 Lolo Creek Rd, Lolo, MT, USA, 59847 January 6, 2019
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 Music: Seven Lonely Days Artist: Bouke Album: For The Good Times iTunes
 Preview: <https://www.youtube.com/watch?v=SLfJwS0dxpc>
 Footwork: Opposite unless noted (Woman's footwork in Parentheses) Time: 3:09 @ download speed
 Rhythm: Jive RAL Phase III Easy
 Sequence: Intro A B A B C B End

INTRO

1-6 LOP FCG WALL WAIT ; ; CHG HANDS BHD BK TWC ; ; ; PROG RK 4 ;

In LOP fcg WALL wait ; ; {Chg Hnds Bhd Bk} Rk apt L , rec R , fwd L stg 1/4 LF trn & plcg R hnd over W's R hnd/cl R , fwd L rel L hnd & comp LF 1/4 trn to Tandem Pos in frnt of W ; Sd & bk R stg 1/4 LF trn & plcg L hnd bhd M's bk/cl L transfg W's R hnd to M's L hnd bhd his bk , sd & bk R comp 1/4 LF trn to fc COH , (W Rk apt R , rec L , fwd R stg 1/4 RF trn/cl L , fwd R comp 1/4 RF trn to Tandem Pos bhd M ; Sd & bk L stg 1/4 LF trn/cl R , sd & bk L comp 1/4 LF trn to fc ptr ,) {Chg Hnds Bhd Bk} Repeat above footwork to end M fcg WALL , , ; {Prog Rk 4} Rk apt L , XR slightly in frt of L , rk apt L , XR slightly in frt of L ;

PART A

1-16 CHASSE L & R ; CHG R to L ~ CHG L to R ; ; ; LINK RK ~ FALWY RK ; ; ; RK REC RUN 2 ; R TRNG TRPL ; CHG R to L ~ CHG L to R ; ; ; LINK RK ~ R TRNG FALWY ; ; ; RK REC KICK BALL CHG ;

{Chasse L & R} In CP sd L/cl R , sd L , sd R/cl L , sd R ; {Chg R - L} Rk bk L to SCP , rec R , sd L/cl R , sd L comm 1/4 LF trn ; Sd & fwd R/cl L , sd R fc LOD , (W Rk bk R to SCP , rec L , sd R/cl L , fwd R comm 3/4 R fc trn und lead jng hnds ; Sd & slightly bk L/cl R , sd & bk L ,) {Chg L - R} Rk bk L , rec R ; Sd L/cl R , sd L comm 1/4 R fc trn , sd R/cl L , sd R fc WALL ; (W Rk bk R , rec L ; Fwd R/cl L , fwd R comm up to 3/4 LF trn und lead jnd hnds , sd L/cl R , sd L comp LF trn to fc ptr ;) {Link Rk} Rk bk L , rec R , sm trpl fwd L/R , L ; Sd R/cl L , sd R to CP WALL , {Falwy Rk} Rk bk L to SCP , rec R to fc ; sd L/cl R , sd L , sd R/cl L , sd R ; {Rk Rec Run 2} Rk bk L to SCP , rec R , fwd L , fwd R ; {R Trng Trpl} Comm 1/4 RF trn sd L/cl R , sd L , comm 1/4 RF trn sd R/cl L , sd R fc COH ; {Chg R - L} Rk bk L to SCP , rec R , sd L/cl R , sd L comm 1/4 LF trn ; Sd & fwd R/cl L , sd R fc RLOD , (W Rk bk R to SCP , rec L , sd R/cl L , fwd R comm 3/4 R fc trn und lead jnd hnds ; Sd & slightly bk L/cl R , sd & bk L ,) {Chg L - R} Rk bk L , rec R ; Sd L/cl R , sd L comm 1/4 R fc trn , sd R/cl L , sd R fc COH ; (W Rk bk R , rec L ; Fwd R/cl L , fwd R comm up to 3/4 LF trn und lead jng hnds , sd L/cl R , sd L comp LF trn to fc ptr ;) {Link Rk} Rk bk L , rec R , sm trpl fwd L/R , L ; Sd R/cl L , sd R to CP COH , {R Trng Falwy} Rk bk L to SCP , rec R to fc ; Comm 1/4 RF trn sd L/cl R , sd L , comm 1/4 RF trn sd R/cl L , sd R fc WALL ; {Rk Rec Kick Ball Chg} Rk bk L to SCP , rec R in SCP , kick L fwd/put weight on ball of L , replace weight on R ;

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PART B

**1-16 2 FWD TRPLS ; THRWY ; CHG HANDS BHD BK TWC ; ; ;
LINK RK ~ JIVE WALKS ; ; ; CHASSE L & R ; FALWY THRWY ~ LINK RK ; ; ;
CHG HANDS BHD BK TWC ; ; ; PROG RK 4 ;**

{**2 Fwd Trpls**} In SCP fwd L/cl R , fwd L , fwd R/cl L , fwd R ; {**ThrwY**} Fwd & sd L/cl R , fwd & sd L ldg W to trn 1/2 LF , sd & fwd R/cl L , sd & fwd R fc LOD ; (W fwd R/fwd L , fwd R trng 1/2 LF , sd & bk L/cl R , sd & bk L fc ptr ,) {**Chg Hnds Bhd Bk**} Rk apt L , rec R , fwd L stg 1/4 LF trn & plcg R hnd over W's R hnd/cl R , fwd L rel L hnd & comp LF 1/4 trn to Tandem Pos in frnt of W ; Sd & bk R stg 1/4 LF trn & plcg L hnd bhd M's bk/cl L transfg W's R hnd to M's L hnd bhd his bk , sd & bk R comp 1/4 LF trn to fc RLOD , (W Rk apt R , rec L , fwd R stg 1/4 RF trn/cl L , fwd R comp 1/4 RF trn to Tandem Pos bhd M ; Sd & bk L stg 1/4 LF trn/cl R , sd & bk L comp 1/4 LF trn to fc ptr ,) {**Chg Hnds Bhd Bk**} Repeat above footwork to end M fcg LOD , , ; {**Link Rk**} Rk apt L , rec R , fwd L/cl R , fwd L trng 1/4 RF to fc WALL ; Sd R/cl L , sd R , {**Jive Wlks**} Rk bk L to SCP , rec R ; Fwd L/cl R , fwd L , fwd R/cl L , fwd R ; {**Chasse L & R**} Blendg to CP WALL sd L/cl R , sd L , sd R/cl L , sd R ; {**Falwy ThrwY**} Rk bk L to SCP , rec R , fwd & sd L/cl R , fwd & sd L ldg W to trn 1/2 LF ; Sd & fwd R/cl L , sd & fwd R fc LOD , (W Rk bk R to SCP , rec L , fwd R/fwd L , fwd R trng 1/2 LF ; Sd & bk L/cl R , sd & bk L fc ptr ,) {**Link Rk**} Rk apt L , rec R ; Fwd L/cl R , fwd L trng 1/4 RF to fc WALL , sd R/cl L , sd R ; {**Chg Hnds Bhd Bk Twc & Prog Rk 4**} Repeat meas 3-6 of INTRO ; ; ;

PART C

**1-8 2 FWD TRPLS ; SWVL WALK 4 ; 4 PT STEPS ; ; R TRNG TRPL ;
R TRNG FALWY ~ RK REC KICK BALL CHG TWC ; ; ;**

{**2 Fwd Trpls**} Blendg to SCP fwd L/cl R , fwd L , fwd R/cl L , fwd R ; {**Swvl Walk 4**} Plcg ft directly in frt of other swvl walk fwd L , R , L , R ; {**4 Pt Steps**} Pt fwd with outsd of L , sm fwd L , pt fwd with outsd of R , sm fwd R ; Pt fwd with outsd of L , sm fwd L , pt fwd with outsd of R , sm fwd R ; {**R Trng Trpl**} Comm 1/4 RF trn sd L/cl R , sd L , comm 1/4 RF trn sd R/cl L , sd R fc COH ; {**R Trng Falwy**} Rk bk L to SCP , rec R to fc , comm 1/4 RF trn sd L/cl R , sd L ; Comm 1/4 RF trn sd R/cl L , sd R fc WALL , {**Rk Rec Kick Ball Chg Twc**} Rk bk L to SCP , rec R in SCP ; Kick L fwd/put weight on ball of L , replace weight on R , kick L fwd/put weight on ball of L , replace weight on R ;

END

**1-4 CHG HANDS BHD BK TWC ; ; ; RK APT & PT ;
{**Chg Hnds Bhd Bk Twc**} Repeat meas 3-5 of INTRO ; ; ; {**Rk Apt & Pt**} Rk apt L ,-, pt R ,-,**

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Intro LOP FCG WALL Wait ; ; Chg Hnds Bhd Bk Twc ; ; ; Prog Rk 4 ;

A Chasse L & R ; Chg R to L ~ Chg L to R ; ; ;
 Link Rk ~ Falwy Rk ; ; ; Rk Rec Run 2 ;
 R Trng Trpl ; Chg R to L ~ Chg L to R ; ; ;
 Link Rk ~ R Trng Falwy ; ; ; Rk Rec Kick Ball Chg ;

B 2 Fwd Trpls ; Thrwy ; Chg Hnds Bhd Bk Twc ; ; ;
 Link Rk ~ Jive Walks ; ; ;
 Chasse L & R ; Falwy Thrwy ~ Link Rk ; ; ;
 Chg Hnds Bhd Bk Twc ; ; ; Prog Rk 4 ;

A Chasse L & R ; Chg R to L ~ Chg L to R ; ; ;
 Link Rk ~ Falwy Rk ; ; ; Rk Rec Run 2 ;
 R Trng Trpl ; Chg R to L ~ Chg L to R ; ; ;
 Link Rk ~ R Trng Falwy ; ; ; Rk Rec Kick Ball Chg ;

B 2 Fwd Trpls ; Thrwy ; Chg Hnds Bhd Bk Twc ; ; ;
 Link Rk ~ Jive Walks ; ; ;
 Chasse L & R ; Falwy Thrwy ~ Link Rk ; ; ;
 Chg Hnds Bhd Bk Twc ; ; ; Prog Rk 4 ;

C 2 Fwd Trpls ; Swvl Walk 4 ; 4 Pt Steps ; ;
 R Trng Trpl ; R Trng Falwy ~ Rk Rec Kick Ball Chg Twc ; ; ;

B 2 Fwd Trpls ; Thrwy ; Chg Hnds Bhd Bk Twc ; ; ;
 Link Rk ~ Jive Walks ; ; ;
 Chasse L & R ; Falwy Thrwy ~ Link Rk ; ; ;
 Chg Hnds Bhd Bk Twc ; ; ; Prog Rk 4 ;

End Chg Hnds Bhd Bk Twc ; ; ; Rk Apt & Pt ;