



# 7 YEARS OLD

Choreographed by: Michael Barr  
64 Count, 4 Wall, Phrased Intermediate level line dance  
Music: 7 Years Old by Lukas Graham  
Contact: mbarr@saber.net



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LINE DANCING WITH ZANDRA

**Lead: 32 counts. Start on vocals**

**Phrasing:** The sequence: A, B, A, B, A, B, A, A (facing 12 - turning to 9), B, A, A, A, A, 4 counts of A to the front **Word hints:** All the A's start with the word "Once" or the word "Soon". Example: "Once I was... Soon I'll be..." **Wall hints:** Notice that B is always a one wall pattern, no matter which wall you start it on. Rotation of B's: 3,6,9,3

**A - 1 - 8: ¼ Step, Sweep, Cross Step, Step - Step, Sweep, Cross Step, Step**

- 1 - 2 Turn ¼ left stepping L forward; Sweep R from back to front 9
- 3 - 4 Step R forward in front of L; Step L slightly forward to left diagonal 9
- 5 - 6 Step R forward; Sweep L from back to front 9
- 7 - 8 Step L forward in front of R; Step R slightly forward to right diagonal 9

**A - 9 - 16: Cross, Back, Back, Cross - Back, ½ R, ¼ R, Cross**

- 1 - 2 Step L in front of R (facing right diagonal); Step R back on right diagonal (square up) 9
- 3 - 4 Step L back (facing left diagonal); Step R in front of L 9
- 5 - 6 Step L back on left diagonal (square up); Turn ½ right stepping R forward 3
- 7 - 8 Turn ¼ right stepping L side left; Step R in front of L 6

**A - 17 - 24: Side, Hold, Rock, Return - ¼ Side L, Hold, Behind, Side**

- 1,2,3,4 Step L side left; Hold; Rock R back; Return to L in place 6
- 5,6,7,8 Turn ¼ left stepping R side right; Hold; Step L behind R; Step R side right (angle hips to right) 3

**A - 25 - 32: Cross, Hold, Rock Side, Return - Cross, Hold, Side, Behind**

- 1,2,3,4 Step L in front of R; Hold; Rock R side right; Return onto L stepping slightly back 3
- 5,6,7,8 Step R in front of L; Hold; Step L side left; Step R behind L 3

**B - 1 - 8: 2 ct. Full Turn Left, Side Rock, Return - Cross, Hold, Side Rock, Return**

- 1,2,3,4 Step L into a full turn left for 2 counts (keep R close to L ankle); (3)Rock R side right; (4)Return to L 3
- 5,6,7,8 Step R in front of L; Hold; Rock L side left; Return to R, stepping back slightly 3

**B - 9 - 16: Cross, Hold, Side, Behind - ¼ Turn Right, Forward, ½ Turn Right, Forward**

- 1,2,3,4 Step L in front of R; Hold; Step R side right; Step L behind R 3
- 5,6,7,8 Turn ¼ right stepping forward on R; Step L forward; Turn ½ right onto R; Step L forward 12

**B - 17 - 24: Forward Diag. Rock (2 cts), Return, Side - Forward Diag. Rock (2 cts), Return, Side**

- 1,2,3,4 Step R to left forward diagonal; Continue forward movement; Return weight to L; Step R side right 12
- 5,6,7,8 Step L to right forward diagonal: Continue forward movement; Return weight to R; Step L side left 12

**B - 25 - 32: Step, Hold, Side, Back - Back, Hold, ¼ Turn Right, Touch Together**

- 1,2,3,4 Step R forward in front of L; Hold; Step L side left; Step back on R (open hips slightly to right) 12
- 5,6,7,8 Step L back on diagonal; Hold; Turn ¼ right stepping R side right; Touch L next to R (sit a little) 3

**Begin Again and Enjoy!**

(Taught by: Zandra McCallum October 2016)



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Mon. - Beg 6:00 - 7:30 PM  
Int 7:30 - 10:00 PM  
Thur. - Int/Adv 7: - 10:00 PM

