

## SEVEN LONELY DAYS IV

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**MUSIC:** Seven Lonely Days, artist: Bouke, Album: For The Good Times, available from various sites such as Amazon.com  
YouTube link: <https://www.youtube.com/watch?v=81ZjzUDFeQU>  
**RHYTHM:** Jive **TIME @ MPM:** 3:09 @ downloaded speed [sug. speed: 43–44 rpm]  
**PHASE (+):** IV+2+1 stop & go – whip turn // hip bump (unphased)  
**FOOTWORK:** Opposite unless indicated (W's footwork in parentheses)  
**SEQUENCE:** **INTRO A,B, A,B,C, B, END**

### MEAS.

### INTRODUCTION

1-6 **BFLY/WALL WAIT;; WINDMILL 2X;;; PROGRESSIVE ROCK 2X;**  
1-2 BFLY/WALL lead ft free wait;;  
3-5 **{windmill 2x}** rk apt L, rec R, chasse in place L/R, L trng 1/4 LF; still trng LF  
chasse side & fwd R/L,R to end fcg COH,  
rk apt L, rec R; chasse in place L/R, L trng 1/4 LF, still trng LF chasse side & fwd  
R/L,R to end fcg WALL;  
6 **{prog rk 2x}** with slight progression rk bk L, rec R, rk bk L, rec R;

### PART A

1-4 **CHASSE L & R TO CP; CHANGE R TO L ~ CHANGE L TO R;;;**  
1 **{chasse L & R}** sd L/cl R, sd L blending to CP/WALL, sd R/cl L, sd R;  
2-3 **{change R to L}** rk bk L to SCP, rec R, sd L/cl R, sd L trn 1/4 LF lead W to trn  
under lead hnds RF; sd & fwd R/cl L, sd R (W sd R/cl L, fwd R trn 3/4 RF under  
lead hnds, sd & slightly bk L/cl R, sd & bk L),  
**{change L to R}** rk apt L, rec R; chasse L/R, L trng 1/4 RF lead W to trn LF under  
raised lead arms (W start LF trn sd chasse R/L, fwd trng LF undr jnd ld hnds),  
chasse sd R/L, R end LOP-FCG/WALL;

5-7 **CHANGE L TO R ~ SOLE TAP (to fc);;;**  
5-7 **{change L to R}** rk apt L, rec R chasse L/R, L trng 1/4 RF lead W to trn LF under  
raised lead arms (W start LF trn sd chasse R/L, fwd trng LF undr jnd ld hnds);  
chasse sd R/L, R end LOP-FCG/RLOD,  
**{sole tap}** rk apt L, rec R; fwd & sd L trng 1/4 RF to sd by sd, bend R (L) leg to  
tch M's R shoe sole to W's L shoe sole bhnd supporting leg, sd R/cl L, sd R trng  
to fc ptr;

8-10 **CHANGE HANDS X THE BACK ~ LINK ROCK (fc WALL);;;**  
**{change hands X the back}** rk apt L, rec R, chasse fwd L/R, L trng 1/4 LF  
change W's R hand to M's R hand behind M's back (W fwd R/L, R trng1/4 RF);  
chasse sd & bk R/L, R cont trng 1/4 LF change W's R hand to M's L hand (W sd  
L/R, sd & bk L trng1/4 RF) to LOP-FCG/COH,  
**{link rock}** rk apt L, rec R; chasse fwd L/R, L (W also fwd) trng 1/4 RF to fc wall  
& leading W fwd, chasse sd R/L, R to CP/WALL;

- 11-13 RIGHT TURNING FALLAWAY 2X;;;**  
**{RT fallaway 2x}** trng to SCP/LOD rk bk L, rec R, trng to fc ptr chasse sd L/R, L trng 1/4; chasse side R/L, R trng 1/4 to end in CP COH,  
 trng to SCP/RLOD rk bk L, rec R; trng to fc ptr chasse sd L/R, L trng 1/4, chasse side R/L, R trng 1/4 to end in CP/WALL;
- 14-16 PRETZEL TURN ~ UNWRAP THE PRETZEL;;;**  
**{pretzel turn}** rk bk L to Scp, rec R, chasse sd & fwd L/R, L trng 1/2 RF keeping M's L & W's R hnds jnd; chasse sd & fwd R/L, R trng 1/4 RF to end sd by sd M's L & W R hnds jnd behind the backs,  
**{unwrap the pretzel}** rock fwd L, rec R; twd RLOD chasse sd & fwd L/R, L trng 1/2 LF, chasse sd & fwd R/L, R trng LF to fc ptr in BFLY/WALL;

**PART B**

- 1-3 1-3 RK, REC, KICK, STEP, KICK, STEP ~ RK & CHANGE HANDS X THE BACK;;;**  
**{rk, rec, kick, step, kick, step}** in BFLY/WALL rk apt L, rec R, kick L fwd & sd outside ptr (W kick R straight fwd between ptr's legs), close L to R; kick R straight fwd between ptr's leg (W kick L fwd & sd outside ptr), close R to L,  
**{rk, change hands X the back}** rk apt L, rec R; chasse fwd L/R, L trng 1/4 LF change W's R hand to M's R hand behind M's back (W fwd R/L, R trng 1/4 RF), chasse sd & bk R/L, R cont trng 1/4 LF change W's R hand to M's L hand (W sd L/R, sd & bk L trng 1/4 RF) to LOP-FCG/COH;
- 4-5 4-5 RK, REC, TOE, HEEL, CROSS ~ TOE, HEEL, CROSS;;**  
**{rk, rec, toe, heel, cross ~ toe, heel, cross}** blend to BFLY rk apt L, rec R, tch L toe with L knee veered in, tch L heel with toe pointed out; XLiF (W also XiF), tch R toe with R knee veered in, tch R heel with toe pointed out, XRiF (W also XiF);
- 6-10 SPANISH ARMS ~ SHOULDER SHOVE;;; STOP & GO;;**  
**{Spanish arms}** staying in double hand hold the whole figure rk apt L, rec R trng RF, cont trng RF chasse sd L/R, L raise L arm wrap W LF without lowering raised hands; cont trng RF chasse sd R/L, R unwrap W RF & to end fcg BFLY/WALL,  
**{shoulder shove}** jn ld hnds only rk apt L, rec R trng to fc RLOD; sd L/cl R, sd L twd ptr bring M's L and W's R shoulder tog, slide apt R/L, R to LOP-FCG/WALL;  
**{stop & go}** rk apt L, rec R raising lead hands to trn W under LF, fwd chasse L/R, L placing R hand on W's L shoulder blade w/lead hands now low to end in R sd by sd pos fcing WALL; fwd R softening R knee slightly & look R bk at W, rec L raising lead hands to lead W to trn under RF, small bk in place chasse R/L, R (rk apt R, rec L comm LF trn, cont LF trn chasse R/L, R completing 1/2 LF trn under lead hands; rk bk L extending L arm straight up, rec R comm RF trn, cont RF trn chasse L/R, L completing 1/2 RF trn under lead hands) to LOP-FCG/WALL
- 11-15 LINDY CATCH;; SHOULDER SHOVE ~ AMERICAN SPIN;;;**  
**{lindy catch}** rk apt L, rec R, fwd L/R, L moving RF around W catch her at waist with R hnd release L hnd both fcg COH M beh W his R arm arnd her waist; fwd R, L cont arnd W, fwd R/L, R to LOP-FCG/WALL; (W rk apt R, rec L, fwd R/L, R end in front of M; with no trn bk L, R, L/R, L;)  
**{shoulder shove}** rk apt L, rec R trng to fc RLOD, sd L/cl R, sd L twd ptr bring M's L and W's R shoulder tog; slide apt R/L, R to fc ptr & wall,  
**{American spin}** rk apt L, rec R; tog L/R, L leading W to spin RF (W rk apt R, rec L, tog R/L, R spinning full trn RF on last step), sd R/L, R to LOP-FCG/WALL;

16            **PROGRESSIVE ROCK 2x;**  
 {prog rock 2x} blend to BFLY/WALL and with slight progression rk bk L, rec R,  
 rk bk L, rec R;

**REPEAT PART A**

1-16        **CHASSE L & R TO CP; CHANGE R TO L ~ CHANGE L TO R;;; CHANGE L  
 TO R ~ SOLE TAP (to fc);;; CHANGE HANDS X THE BACK ~ LINK ROCK  
 (fc WALL);;; RIGHT TURNING FALLAWAY 2X;;; PRETZEL TURN ~  
 UNWRAP THE PRETZEL;;;**

**REPEAT PART B**

1-16        **RK, REC, KICK, STEP, KICK, STEP ~ RK & CHANGE HANDS X THE BACK;;;  
 RK, REC, TOE, HEEL, CROSS ~ TOE, HEEL, CROSS;;; LINDY CATCH;;;  
 SHOULDER SHOVE ~ AMERICAN SPIN;;; PROGRESSIVE ROCK 2x;**

**PART C**

1-3            **2 FWD TRIPLES; SWIVEL 4; THROWAWAY TO HS;**  
 {2 fwd triples} blending to SCP/LOD fwd (W also fwd) L/R, L, R/L, R;  
 {swivel 4} swivel fwd (W also fwd) L, R, L, R;  
 {throwaway to HS} fwd chasse L/R, L lead W to fold in front, sd & fwd chasse  
 R/L, R (W fwd R/cl L, fwd R trng LF in front of M, sd L/cl R, sd & bk L) end  
 HS/LOD;

4-6            **MIAMI SPECIAL ~ HIP BUMP;;;**  
 {Miami special} rk apt L, rec R, fwd L/R, L trn RF 3/4 to ld W to trn LF under jnd R  
 hnds putting jnd hnds over M's head so hnds rest behind M's neck; sd R/L, R to  
 end LOP both fcg COH,  
 {hip bump} cross rk crossing slightly bk L, rec R; sd L twd ptr, bump M's L W's R  
 hip together, sd R/cl L, sd R;

7-8            **WHIP TURN (to BFLY/WALL);;;**  
 {whip turn to BFLY/WALL} trng to fc ptr rk apt L, rec R comm RF trn, small fwd  
 chasse L/R, L completing 3/8 RF trn; cont RF trn XRiB of L, cont RF trn sd L to fc  
 wall sd R/cl L, sd R blending to BFLY/WALL;

**REPEAT PART B**

1-16        **RK, REC, KICK, STEP, KICK, STEP ~ RK & CHANGE HANDS X THE BACK;;;  
 RK, REC, TOE, HEEL, CROSS ~ TOE, HEEL, CROSS;;; LINDY CATCH;;;  
 SHOULDER SHOVE ~ AMERICAN SPIN;;; PROGRESSIVE ROCK 2x;**

**END**

1-4            **SCP/LOD 2 FWD TRIPLES; ROCK THE BOAT 2 SLOWS;;  
 KICK BALL/CHANGE & POINT (fwd);**  
 {2 fwd triples} blend to SCP/LOD fwd (both go fwd) L/R, L, R/L, R;  
 {rock the boat – 2 slows} fwd L with straight knee & slightly leaning fwd,-, with  
 rocking motion & relaxed knees cl R leaning slightly back,-; fwd L with straight  
 knee & slightly leaning fwd,-, with rocking motion & relaxed knees cl R leaning  
 slightly back,-;  
 {kick ball/change & point} kick L foot fwd, step in place L/R, point L ft fwd,-;

**SEVEN LONELY DAYS IV (ph IV+2+1)**  
**stop & go / whip trn // hip bump**

**INTRO:**

BFLY/wall wait;; windmill 2x;;; prog rock 2x;

**PART A:**

chasse L & R to CP; change R to L,,; change L to R,,;  
change L to R - fc RLOD,,; sole tap to face,,;  
change hands X the back (fc LOD),,; link rk - fc wall,,;  
RT fallaway 2x;;; pretzel turn,,; unwrap pretzel to BFLY/wall,,;

**PART B:**

rk, rec, kick, step, 2x,,; rk & change hands X back (BFLY/COH),,;  
rk, rec, toe, heel, cross – 2x;; Spanish arms (fc wall),,; shoulder shove,,;  
stop & go;; lindy catch;; shoulder shove,,; Am spin,,; (Bfly) prog rock 2x;

**PART A:**

chasse L & R to CP; change R to L,,; change L to R,,;  
change L to R - fc RLOD,,; sole tap to face,,;  
change hands X the back (fc LOD),,; link rk - fc wall,,;  
RT fallaway 2x;;; pretzel turn,,; unwrap pretzel to BFLY/wall,,;

**PART B:**

rk, rec, kick, step, 2x,,; rk & change hands X back (BFLY/COH),,;  
rk, rec, toe, heel, cross – 2x;; Spanish arms (fc wall),,; shoulder shove,,;  
stop & go;; lindy catch;; shoulder shove,,; Am spin,,; (Bfly) prog rock 2x;

**PART C:**

Scp - 2 fwd triples; swivel 4; throwaway to HS;  
Miami special (COH),,; hip bump,,; whip turn - face wall;;

**PART B:**

rk, rec, kick, step, 2x,,; rk & change hands X back (BFLY/COH),,;  
rk, rec, toe, heel, cross – 2x;; Spanish arms (fc wall),,; shoulder shove,,;  
stop & go;; lindy catch;; shoulder shove,,; Am spin,,; (Bfly) prog rock 2x;

**END:**

2 fwd triples; rock the boat 2 slows;; kick ball/change & point (fwd);