

Seven Days a Week

Intermediate(ish;-)

Recorded by: Imagination Movers – Juice Box Heroes

Length: 2:17

Genre: Children's

Choreo: Mary Smith – Purcellville, Virginia – 540-882-4917 – luv2clog@starpower.net

Sequence: Wait 16 A-B-C-D-A-B-Optional

Part A

DS SL ST SL ST RS

&1 & 2 & 3 &

L L R R L RL

Freedom Slide
(Move diagonally Left)

DS DT RH RS

R L LR LR

&1 &2 &3 &4

Eric

DS Kick DS Kick DS RS RS RS

&1 &2 &3 &4 &5 &6 &7 &8

L R R L L RL RL RL

2 Kicks/Chain Around
(Loop 360° left on Chain
back to where you started)

Repeat with other foot moving diagonally right

Part B

ST(xib) ST T ST(xib) ST T ST(xib) ST Kick

1 & a 2 & a 3 & 4

L R L L R L L R L

3 Toe Runs
(Moving Right)

Repeat Toe Run 2 more times

DS DS DS BR UP

&1 &2 &3 & 4

L R L R R

Triple Brush

ST(xif) ST ST(os) ST ST(xif) ST ST(os) ST ST(xif) ST ST(os) ST ST(xif) ST ST(os)

1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

R L R L R L R L R L R L R

Chain Stomp
(Moving Left)

DT(xif) DS DT(xif) DS DS DS RS BR UP

&1 &2 &3 &4 &5 &6 &7 & 8

L L R R L R LR L L

2 Fiddles/Double Basic Brush

Seven Days a Week (continued)

Part C

DS DT(xif) DT(os) BA Down ST DS DS RS
&1 &2 &3 & 4& 5 6 7 &8
L R R Both Both R L R LR

Scotty

DS DT Down(¼ L) Hop Hop ST
&1 & 2& 3 & 4
L R Both L L R

Football
(Turn ¾ R on Hops to face back)

DS DS RS BR UP
&1 &2 &3 & 4
L R LR L R

Double Basic Brush

Repeat facing the back. Turn on Football to face the front

Part D

ST(¼ L) DT DS Kick
1 &2 &3 &4
L R R L

3 Mountain Basics

Repeat Mountain Basics 2 more times

Dbl/Kick Lift Dbl/Kick Lift RS
& 1 & 2 & 3 &4
L R R R L L LR

Della

SL ST(xib) SL ST(xib) SL ST(xib) SL ST(xib)
& 1 & 2 & 3 & 4
R L L R R L L R

Dog Paddles
(Turn ¼ L to face front)

DS(xib) DS(xib) DS(xib) DS(xib)
&1 &2 &3 &4

Crazy Legs

Optional

Left toe across, look like a know-it-all

Know-It-All

Listen for start of guitar. Wait through guitar.

Listen

Do 4 Mountain Basics, turn ¼ on each

4 Mountain Basics

Repeat Part B

Part B