

Seven Day Fool

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Level: Intermediate (fast tempo)
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Sequence: A – B – C – D – Break – A – B – C – D – Break – A – C – D – Break* – A – Ending

Wait 16 beats.

Part A

Pull and Slur	S(ots) Pull-Together	S S(ots) Pull-Together	S DS Slur	S(xib) DS RS
	L R	R L R	L R R	L RL
	1 &	2 3 &	4 &5 &	6 &7 &8

Repeat on opposite foot.

4 Toe Heels	T H(snap fingers, up left)	T H(snap fingers, up right)
	L L R R	R R
	1 2 3 4	3 4

	T H(snap fingers, down left)	T H(snap fingers, down right)
	L L R R	R R
	5 6 7 8	7 8

4 Step Kicks	S Kick(Clap, Clap)	S Kick(Clap)	S Kick(Clap, Clap)	S Kick(Clap)
	L R R L	R L	L R R L	R L
	1 2 3 4	3 4	5 6	7 8

Part B

Slow Pivots and Side Rock Basics	S(Pivot 1/8 L)	S S(Pivot 1/8 L)	S DS R(ots)	S DS R(ots)	S
	L R L	R L R L	R L R L	L R L R	R
	1 2 3	2 3	4 &5 &	6 &7 &	8

Repeat 3 more times.

Part C

Dirty Shoe and Push Off	DS(xif) Slur(unx)	DS DS DS RS RS RS	(Turn 1/3 R on Push Off)
	L R R(toe)	R L R LR LR LR	
	&1 &2	&3 &4 &5 &6 &7 &8	

Repeat 2 more times.

8 Count Roundout	DS T(xif) H T(xib)	H T(ots) H T(xif)	H T(xib) H T(ots)	H T(ots) H
	L R R L	L R R L	L R R L	L R R
	&1 & 2 &	3 & 4 &	5 & 6 &	7 & 8

Part D

Rocking Chair and Fancy Rocker	DS Br-Up (Turn 1/3 L)	DS RS DS DS R(xif) S R(ots) S
	L R	R LR L R L R L R
	&1 &2	&3 &4 &5 &6 & 7 & 8

Repeat 2 more times.

Donkey and Toe Heel Pause	DS R(xif) S R(ots) S R(xib) S T(ots) H pause
	L R L R L R L R R
	&1 & 2 & 3 & 4 & 5 6 7 8

Break

Unclog and Fancy Double	Skuff-Up H(tch) S Skuff-Up H(tch) S DS DS RS RS
	L L L R R R L R LR LR
	&1 & 2 &3 & 4 &5 &6 &7 &8

Break*

Do Break 4 times, turning 1/4 L on Fancy Double.

Ending

Do 4 Toe Heels and 4 Step Kicks.

