



All Week Long (7 Nights To Rock)

Type: 48 counts, 4 wall
Level: intermediate
Choreographed: Peter Metelnick (Canada)
Music: Seven Nights To Rock by BR5-49

VINE RIGHT 3, SCUFF LEFT, LEFT CROSS ROCK OVER RIGHT TWICE-7 NIGHTS TO ROCK

- 1-3 Step right foot to right side, cross step left foot behind right foot, step right foot to right side
- 4 Scuff left foot forward, turning body slightly to the right
- 5-6 Cross-rock left foot over right foot, rock back and recover weight on right foot
- 7-8 Cross-rock left foot over right foot, rock back and recover weight

LEFT & RIGHT STEP-TOUCHES, 1 1/4 TURN LEFT*-7 NIGHTS TO ROLL

- 1 - 2 Step left foot to left side, touch right foot together (optional-clap/snap)
- 3 - 4 Step right foot to right side, touch left foot together (optional-clap/snap)
- 5 - 6 Step left foot to left side turning 1/4 left, step right foot forward turning 1/2 left*
- 7- 8 Step left foot back turning 1/2 left (now facing left side wall), scuff right foot forward*

Non-turning alternative for counts 5 - 8:

- 5 - 6 Step left foot to left, cross-step right foot behind left foot
- 7 - 8 Step left foot to left turning 1/4 left, scuff right foot forward

RIGHT & LEFT FORWARD STEP-SCUFFS, BACK 3 AND LEFT HITCH

- 1 - 4 Step right foot forward, scuff left foot forward (optional clap hands), step left foot forward, scuff right foot forward (optional clap hands)
- 5 - 8 Step back right-left-right, hitch left knee (optional-and hop on right foot)

LEFT BACK COASTER, RIGHT SCUFF FORWARD, RIGHT JAZZ BOX WITH 1/4 RIGHT

- 1 - 4 Step left foot back, step right foot together, step left foot forward, scuff right foot forward
- 5 - 6 Cross-step right foot over left foot, step back on left foot
- 7 - 8 Step right foot to right side turning 1/4 right (now facing front wall), step left foot together



All Week Long.....

RIGHT 1/2 MONTEREY TURN, TOE STEPS TRAVELING LEFT

- 1 - 2** Touch right toes out to right side, pivot 1/2 right on left foot and step right foot together (now facing back wall)
- 3 - 4** Touch left toes out to left side, step left foot together
- 5 - 8** Turning body on a left diagonal cross-touch right toes over left foot, step right heel down (optional-snap fingers), cross-touch left toes to left side, step left heel down (optional-snap fingers)

RIGHT CROSS-ROCK, 1/4 RIGHT, LEFT HITCH, LEFT FORWARD-LOCK-FORWARD, RIGHT BOOT SLAP

- 1 - 2** Cross-rock right foot over left foot, rock back and recover weight on left foot
- 3 - 4** Turn 1/4 right and step right foot forward (now facing left side wall), hitch left knee up (optional-and hop on right foot)
- 5 - 6** Step left foot forward, step right foot forward "locking" behind left heel
- 7 - 8** Step left foot forward, raise right leg behind left leg and slap right boot with left hand