

# Level 7



## Slow Combinations

### 1. Full rhythm

Tap step heel knock heel beat brush beat beat brush beat beat X2

Tap step heel shuffle beat flat beat brush beat beat X3 (turning)

Tap heel toe X3 beat beat

**X2**

### 2. Tap step beat heel heel (dig) brush back brush back shuffle beat X3 shuffle beat

Knock beat beat X4 flat beat brush beat X2

Knock pick-up beat beat X3 flat

**X2**

## Waltz Combination

### 1. Step wing beat flat beat brush beat X4

Treble beat beat beat heel heel (same foot) X4

Pick up toe heel toe heel pick up beat beat, tap step heel heel toe toe  
heel heel toe toe beat flat X2

Cramp roll shuffle beat beat X2

Flat (push forward) heel brush beat X3 flat heel brush knock

**X2**

## Fast Combinations

### 1. Knock pick-up beat beat X2 knock pick-up X4

Flat pick-up beat X4 pick up toe heel pick up beat

Flat knock beat flat treble beat beat beat X2

Pain in tummy X3 pick up toe heel pick up beat

**X2**

# Level 7



## Fast Combinations continued...

2. Flat beat brush heel beat brush heel beat brush heel beat X2  
(backwards)  
Side step X4 (heels)  
Treble beat beat beat wing beat beat wing beat beat wing beat flat beat  
brush toe heel beat X2 (flat beat brush beat on repeat)  
**X2**

3. Hop toe heel beat brush toe heel beat X4 (1/2 turn)  
Toe heel toe heel toe heel flat X2  
Brush tap flat X4  
Treble beat shuffle hop down X4 (turning)  
Lindy no 1. X2 (hold on count of 8 on repeat)  
**X2**

4. Treble beat shuffle beat beat X4  
Drop shuffle pick-up beat beat X4  
Tap step beat heel heel (dig) brush beat beat beat X4  
Pick up heel shuffle beat beat X3 pick up heel shuffle toe heel  
**X2**

## Corner

1. Flat beat beat beat, toe heels X4
2. Pick up heel X12 (one legged)

# Level 7



## Slow Routine

1. Brush pick-up brush beat beat X2  
Knock beat beat X4  
Shuffle back tap step beat X2  
Tap heel toe X4  
**X2**

2. Hop toe heel beat toe heel beat toe heel beat toe heel beat  
Shuffle beat wing beat X2  
**X2**

3. Beat beat brush beat beat brush beat beat brush beat beat  
(turning then straight on repeat)  
Tap step heel heel toe toe X2  
**X2**

4. Full rhythm  
Knock knock beat brush beat beat X2  
Tap step heel shuffle beat heel heel toe toe (1 turn)  
**X2** (left)

5. Toe heel toe heel toe heel toe heel beat beat X2 (syncopated & turning)  
Tap step heel knock heel beat brush beat beat brush beat beat X2  
(turning)  
**X2**

6. Tap step beat heel heel (dig) brush beat beat shuffle beat X2  
Tap step heel heel toe toe  
Double pick-up brush beat beat X2  
Shuffle beat wing beat X2 (1 turn)  
**X2**

# Level 7



## Waltz Routine

1. Tap step heel knock heel beat brush heel X3 (turning)

Hop toe heel beat beat beat X3 (turning)

**X2**

2. Side step X3 (heels)

Flat beat brush beat X3 (fast)

Flat beat brush toe heel beat brush toe heel beat (turning)

**X2**

3. Treble beat brush toe heel beat X2 (backwards) tap heel toe beat X2

Treble beat shuffle beat beat shuffle beat beat X2

**X2**

4. Flat (push forward) heel brush beat X2

Cramp roll shuffle pick-up

Pick up heel beat beat X2 pick up heel shuffle beat beat (slow turn)

**X2**

5. Flat beat beat beat beat beat (turning)

Toe heel X6 (turning)

Flat beat brush toe heel beat brush toe heel beat brush toe heel beat

brush toe heel beat brush toe heel beat (turning)

6. Treble beat beat beat wing beat beat wing beat beat wing beat

Tap step beat heel heel (dig) brush back brush back shuffle hop down X2

**X2**

# Level 7



## Fast Routine

1. Flat beat brush toe heel X4 pick up heel shuffle pick-up  
Knock heel toe heel X4  
Side step X2 (flats)

2. Time step X4  
Toe heel beat X4  
Treble beat shuffle hop down X2 (turning)

3. Drop shuffle pick-up beat beat X3 flat flat brush back brush back  
Flat pick-up (one legged) beat beat X4 (slow turn)  
**X2**

4. Heels x4 (twists)

5. Knock pick-up beat beat X2  
Tap step heel heel toe toe X2 shuffle beat beat  
**X2**

6. Half pain X4 brush pick-up beat beat  
Tap step heel knock heel beat brush beat X4

7. Toe heel X2 (slow)  
Toe heel X4 (fast)  
**X4** (turning)

8. Flat beat brush toe heel beat brush toe heel beat brush toe heel beat  
(turning)  
Hop toe heel beat beat X2 (turning)  
**X2**