

# Eight Days A Week

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** William Sevone , December 2009

**Music:** "Eight days a week" (140 bpm)...The Beatles ("A Hard Days Night")

**Dance sequence:- 64-64-32-64-32-64-30**

**Choreographers note:- A variation for section 4 is to use short walking steps for counts 27-29.**

**Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.**

**Dance starts on main vocals**

**2x Diagonal Scuff-Cross-Back-Side (12:00)**

- 1 - 2 Scuff left diagonally right. Cross left over right
- 3 - 4 Step backward onto right. Step left to left side.
- 5 - 6 Scuff right diagonally left. Cross right over left.
- 7 - 8 Step backward onto left. Step right to right side.

**4x Diagonal Scuff-Step (12:00)**

- 9 - 10 Scuff left diagonally right. Step left diagonally right.
- 11 - 12 Scuff right diagonally left. Step right diagonally left.
- 13 - 14 Scuff left diagonally right. Step left diagonally right.
- 15 - 16 Scuff right diagonally left. Step right diagonally left.

**Chasse Left. Rock Bwd. Recover. Chasse Right. Rock Bwd. Recover (12:00)**

- 17& 18 Step left to left, step right next to left, step left to left side.
- 19 - 20 Rock backward onto right. Recover onto left.
- 21& 22 Step right to right, step left next to right, step right to right side.
- 23 - 24 Rock backward onto left. Recover onto right.

**Fwd. 1/2 Pivot. Turn 1/4-1/2-1/4-1/2. Rock Bwd. Diagonal (12:00)**

- 25 - 26 Step forward onto left. Pivot 1/2 right (weight on right) (6).

- 27 - 28** Turn  $\frac{1}{4}$  right & step left to left side (9). Turn  $\frac{1}{2}$  right & step right to right side (3).
- 29 - 30** Turn  $\frac{1}{4}$  right & step forward onto left (6). Turn  $\frac{1}{2}$  right & step backward onto right (12).
- 31 - 32** Rock backward onto left. Step right diagonally left.

**RESTART: Wall 3 (facing 6:00) and Wall 4 (facing 3:00). Restart dance from count 1**

**2x Side Rock-Recover-Together-Double Clap (12:00)**

- 33 - 36** Rock left to left. Recover onto right. Step left next to right. Clap twice (double time).
- 37 - 40** Rock right to right. Recover onto left. Step right next to left. Clap twice (double time).

**2x Side Rock-Recover-Together-Double Clap (12:00)**

- 41 - 44** Rock left to left. Recover onto right. Step left next to right. Clap twice (double time).
- 45 - 48** Rock right to right. Recover onto left. Step right next to left. Clap twice (double time).

**Walk Bwd:L-R-L-R. 1/2 Fwd. 1/4 Side. 1/4 Rock Bwd. Recover (12:00)**

- 49 - 52** Walk backwards: L-R-L-R (short steps).
- 53 - 54** Turn  $\frac{1}{2}$  left & step forward onto right (6). Turn  $\frac{1}{4}$  left & step right to right side (3).
- 55 - 56** Turn  $\frac{1}{4}$  left & rock backward onto left (12). Recover onto right.

**1/4 Chasse Left. 3/4 Shuffle. Rock. Recover. 1/4 Side Rock. Recover (9:00)**

- 57& 58** Turn  $\frac{1}{4}$  right & step left to left, step right next to left, step left to left side (3).
- 59& 60** Turn  $\frac{1}{2}$  right & step right to right, step left next to right, turn  $\frac{1}{4}$  right & step forward onto right (12).
- 61 - 62** Rock forward onto left. Recover onto right.
- 63 - 64** Turn  $\frac{1}{4}$  left & rock left to left side (9). Recover onto right.

**Dance Finish: Wall 5 (facing 'Home') on count 30.**