SEVEN LONELY DAYS

Choreographers: Annette & Frank Woodruff
Music: Track 7 of CD album The Best of Georgia Gibbs-The Mercury Years or MP3 file
Footwork: Opposite except where indicated (*W's footwork in parentheses*)
Rhythm: 2-step
Phase: II
Teaching Tool: Right Turning Box & Door

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Release date: May 2006
Time & Speed: 2:06 at unchanged CD speed
Sequence: A – B – A – Bridge – C - Ending

INTRODUCTION

1 - 2  Wait;;
3  Apart Point;
4  Together Touch to SCP;

PART A

1 - 2  Two Forward Two Steps;;
3 - 4  Box;;
5 - 8  Left Turning Box;;;
9  2 Side Closes;
10  Side Draw Close;
11-12  Reverse Box;;;
13-16  Right Turning Box;;;

PART B

1  Face to Face;
2  Back to Back;
3 - 4  Basketball Turn;;
5 - 6  Circle Away in 2 Two-steps;;
7 - 8  Strut Together in 4;;
9 - 10  Door both ways to OPEN;;
11  Run 4;
12  Walk 2 to BFLY;
13-14  Door both ways;;
15  Side-2-step;
16  Behind Side Thru to SCP;

OP-FCG WALL wt 2 meas;;
Apt L, -, pt R, -;
Tog R to SCP LOD, -, tch L, -;
Blendg to BFLY sd L, cl R, trng 3/8 LF sd & fwd L to V-BK-TO-BK, -;
Sd R, cl L, trng to OP LOD sd & fwd R, -;
Fwd L stg to trn RF twd ptr, -, rec R contg trn to fc RLOD, -; fwd L to RLOD stg to trn RF twd COH, -, rec R to OP LOD, -;
Circg awy LF fwd L, cl R, fwd L, -; contg circ fwd R, cl L, fwd R trng to fc ptr, -;
Tog L, -, R, -; L, -, R, -;
Rk sd L, rec R, X Lif (*W Xif), -, -; rk sd R, rec L, X Rif (*W Xif) to OP LOD, -;
Fwd L, R, L, R;
Fwd L, -, fwd R trng to BFLY WALL, -;
Rpt meas 9-10 Part B;;
Sd L, cl R, sd L, -;
W/ slt lift to ball of L ft & CW flare of R leg XRib (*W Xib), sd L, thru R to SCP LOD, -;
### BRIDGE

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>Side-2-Step;</td>
</tr>
<tr>
<td>2</td>
<td>Behind Side Thru to SCP;</td>
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</tbody>
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### PART C

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1 - 2</td>
<td>Two Forward Two Steps;;</td>
</tr>
<tr>
<td>3</td>
<td>Cut Back 2x;</td>
</tr>
<tr>
<td>4</td>
<td>Dip Back &amp; Recover to CP;</td>
</tr>
<tr>
<td>5 - 8</td>
<td>Right Turning Box;;;;</td>
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<tr>
<td>9</td>
<td>Limp;</td>
</tr>
<tr>
<td>10</td>
<td>Walk 2;</td>
</tr>
<tr>
<td>11-12</td>
<td>Two Forward Two Steps;;</td>
</tr>
<tr>
<td>13</td>
<td>Scoot;</td>
</tr>
<tr>
<td>14</td>
<td>Walk &amp; Face;</td>
</tr>
<tr>
<td>15</td>
<td>Side-2-Step;</td>
</tr>
<tr>
<td>16</td>
<td>Behind Side Thru to SCP;</td>
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</tbody>
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### ENDING

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<table>
<thead>
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<tbody>
<tr>
<td>1</td>
<td>Twirl 2;</td>
</tr>
<tr>
<td>2</td>
<td>Walk 2 to CP;</td>
</tr>
<tr>
<td>3</td>
<td>Side Draw Close;</td>
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<tr>
<td>4</td>
<td>Apart Point</td>
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Fredda Gibson was the youngest of four children. Her father passed away when she was six months old and she spent her first seven years in an orphanage in Worcester where she was separated from her other siblings. Turning to music for solace, it was discovered that she possessed a natural talent for singing and she began singing in Boston ballrooms as a teenager then made her recording debut in 1938. She enjoyed her commercial prime, though, on Mercury, for whom she recorded hit after hit from 1951 to 1956. The tango-tinged "Kiss of Fire," which went all the way to number one in 1952, was the biggest and best of these. Her very White, pop-oriented takes on "Tweedle Dee" (late 1954) and "Dance with Me Henry" (early 1955) are what she remains most notorious for.