What speaking ability does a score of IELTS Band 7 represent?

Watch this Speaking test sample, where Alexandra from Colombia talks about 'Famous people'. Here's why this performance was given a Band 7:

The test taker speaks quite fluently and gives appropriate and extended responses. She makes good use of a range of markers and linking words (first; actually; I think so; for example; in a lot of ways; that's why). There is some hesitation, but it is mainly content-related as she seeks to clarify her ideas before expressing them. Coherence is not affected by these slight pauses.

Vocabulary is a strong feature of her performance and she uses a wide range, including some less common, idiomatic and colloquial items (lose your privacy; selling their soul to the devil; getting dumped; it depends on the target; we need a rest from the serious stuff). However, there are also a few examples of error and inappropriate word use (a small news; end of the relax evening; free dresses).

Her grammar displays a good range of both simple and complex structures that are used flexibly and a number of her sentences are error-free. However, there are some noticeable errors in areas such as articles, prepositions, subject/verb agreement and verb tense (if someone recognise you; if people follows; you will like them fail; it won't be happen like this).

Although she has a noticeable accent, her pronunciation is generally clear and easy to follow. Stress and intonation are used well to enhance meaning (You don't have to pay for a lot of stuff. They will give free dresses and free stays in the hotels). She has a tendency to use syllable-timing, which prevents her sustaining appropriate rhythm over longer utterances. She also has occasional problems with sounds (jung for 'young'), but this has only minimal effect on intelligibility.