

Seven Nation Army

Count: 64

Wand: 4

Ebene: High Beginner

Choreograf/in: Nicky Tan (MY) - February 2017

Musik: Seven Nation Army - Ben l'Oncle Soul



Dance starts after 16 counts

Section 1 : Lift RF Forward, Back Coaster, ¼ L Turn, Touch, Twist body ¼ R & back

- 1 Weight on LF & slightly Lift R foot forward
- 234 Step RF back, Step LF together, Step RF forward
- 56 Turn ¼ L with weight on LF, Touch RF beside LF (9:00)
- 78 Shift weight to RF & Twist body ¼ R, Shift weight back to LF & turn body facing 9:00 again

Section 2 : R Touch Back, ½ R Turn, Body Roll, L Toe Strut, R Toe Strut

- 12 Touch RF back, Turn ½ R with weight still on LF (3:00)
- 34 Push body forward & transfer weight to RF (may do upwards body roll)
- 56 Touch LF forward, Step LF in place
- 78 Touch RF forward, Step RF in place (3:00)

Section 3: L Press Step, Recover, Step Back, Turn ½ R, L Press Step, Recover, Step Back, Turn ¼ R

- 12 Press Step LF forward, Recover on RF
- 34 Step LF back, Turn ½ R & Step RF forward (9:00)
- 56 Repeat Steps 1,2
- 78 Step LF back, Turn ¼ R forward (12:00)

Section 4 : Repeat Section 3

- 12 Press Step LF forward, Recover on RF
- 34 Step LF back, Turn ½ R & Step RF forward (6:00)
- 56 Repeat Steps 1,2
- 78 Step LF back, Turn ¼ R forward (9:00)

Section 5 : Slow Walk L then R, Hip bump LRLR

- 12 Step LF forward, Hold
- 34 Step RF forward, Hold
- 56 Step LF to side & do Hip bump to L then R
- 78 Hip bump L, R (9:00)

Section 6 : L Cross & Cross, R touch, Step Back 3x, ¼ L Touch

- 12 Cross LF over RF, Step RF behind LF
- 34 Cross LF over RF, Touch RF to side
- 56 Step back on RF, Step LF back
- 78 Step RF back, Turn ¼ R with weight on RF & Touch LF to side (12:00)

Section 7 : L Rocking Chair ends with a R knee lift

- 12 Rock LF forward, Recover on RF
- 34 Rock LF back, Recover on RF
- 56 Repeat Steps 1,2
- 78 Step LF back, Lift R knee

Section 8 : ¼ L, Step, Lift Knee & Step Forward 3x

- 12 Continue lift R knee & Turn ¼ L with weight on LF, Step RF down (9:00)
- 34 Lift L knee, Step LF forward

56 Lift R knee, Step RF forward
78 Lift L Knee, Step LF forward
