

# 7 Up

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Seven Nation Army - Marcus Collins



16 Count intro.

**2 x Walks Forward. & Step Forward. Step. 1/4 Turn Left. Cross. Side Step Left. Sailor 1/4 Turn Right.**

- 1 – 2      Walk forward on Right. Walk forward on Left.
- &3      Step ball of Right beside Left. Step forward on Left.
- 4&5      Step forward on Right. Pivot 1/4 turn Left. Cross step Right over Left. (Facing 9 o'clock)
- 6      Long step Left to Left side.
- 7&8      Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step Right to Right side.

**Cross. Chasse Right. Cross Rock & Side Step Left. Right Jazz Box 1/4 Turn Right.**

- 1      Cross step Left over Right. (Facing 12 o'clock)
- 2&3      Step Right to Right side. Close Left beside Right. Step Right to Right side.
- 4&5      Cross rock Left over Right. Rock back on Right. Step Left to Left side.
- 6 – 8      Cross step Right over Left. Make 1/4 turn Right stepping back on Left. Step Right to Right side.

**Forward Rock. & Heel Jack. Hold. & Forward Rock. Left Lock Step Back.**

- 1 – 2      Rock forward on Left. Rock back on Right. (Facing 3 o'clock)
- &3 – 4      Step back on Left. Dig Right heel forward. Hold.
- &5 – 6      Step Right back to place. Rock forward on Left. Rock back on Right.
- 7&8      Step back on Left. Lock step Right across Left. Step back on Left.

**Jump Out Right & Left. Hold. & Cross. Right Diagonal Kick-Ball-Cross. 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Step Forward.**

- &1 – 2      Jump Right out to Right side. Jump Left out to Left side. Hold.
- &3      Step ball of Right into centre. Cross step Left over Right.
- 4&5      Kick Right Diagonally forward Right. Step ball of Right beside Left. Cross step Left over Right.
- 6      Make 1/4 turn Right stepping forward on Right. (Facing 6 o'clock)
- 7&8      Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. (Facing 12 o'clock)

**Forward Rock. Right Coaster Step. Step Forward. Sweep with 1/2 Turn Right. Right Sailor Step.**

- 1 – 2      Rock forward on Right. Rock back on Left.
- 3&4      Step back on Right. Step Left beside Right. Step forward on Right.
- 5 – 6      Step forward on Left. Make 1/2 turn Right sweeping Right out and around – keeping weight on Left.
- 7&8      Cross Right behind Left. Step Left to Left side. Step Right Diagonally forward Right.

**Diagonal Step Forward. Lock. Left Lock Step Forward. Cross. Side. Behind & Cross.**

- 1 – 2      Step Left Diagonally forward Right. Lock step Right behind Left.
- 3&4      Still on Right Diagonal ... Step forward on Left. Lock step Right behind Left. Step forward on Left.
- 5 – 6      Straighten up to 6 o'clock ... Cross step Right over Left. Step Left to Left side.
- 7&8      Cross Right behind Left. Step Left to Left side. Cross step Right over Left. (Facing 6 o'clock)

**Side Step Left. 1/4 Turn Right. Step. Pivot 1/2 Turn Right. 1/4 Turn Right with Left Side Rock & Cross.**

- 2      x 1/4 Turns Left.

- 1 – 2 Step Left to Left side. Make 1/4 turn Right stepping forward on Right.  
3 – 4 Step forward on Left. Pivot 1/2 turn Right.  
5&6 Make 1/4 turn Right rocking Left out to Left side. Recover weight on Right. Cross step Left over Right.  
7 – 8 Make 1/4 turn Left stepping back on Right. Make 1/4 turn Left stepping forward on Left.

**Step. Pivot 1/2 Turn Left. Right Shuffle forward. Left Mambo Forward. Step Back. Together.**

- 1 – 2 Step forward on Right. Pivot 1/2 turn Left.  
3&4 Right shuffle forward stepping Right. Left. Right.  
5&6 Rock forward on Left. Rock back on Right. Step back on Left.  
7 – 8 Big step back on Right. Step Left beside Right. (Weight on Left) (Facing 6 o'clock)

**Start Again**

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