

Seven Nations

Compte: 32

Mur: 2

Niveau: Beginner / Improver

Chorégraphe: Craig Cooke (UK) - February 2012

Musique: Seven Nation Army - Marcus Collins



Start: On Vocals

Section 1: RIGHT KICK BALL CROSS X 2 SIDE ROCK WEAVE ¼ TURN

- 1&2 kick right to right side, step right in place, cross left over right
- 3&4 kick right to right side, step right in place, cross left over right
- 5-6 rock right to right side, recover onto left,
- 7&8 step right behind left, step left to left making ¼ turn, step right next to left

Section 2: LEFT ROCK RECOVER, LEFT SAILOR, POINT RIGHT AND LEFT , TOUCH HITCH STEP

- 1-2 rock forward onto left, recover onto right
- 3&4 sweep left behind right, step right in to right side, step left to left side
- 5&6 point right to right side, step right next to left, point left to left side
- &7 step left in place, point right to right side
- &8 hitch right knee up, and point right to right side

Section 3: BACK ROCK STEP, X 2 LEFT CROSS ROCK CHASSE LEFT

- 1&2 rock left behind right, recover onto left, step left to left side
- 3&4 rock right behind left, recover onto left, step right to right side
- 5-6 cross rock left over right, recover onto right,
- 7&8 step left to left side, step right next to left, step left to left side

Section 4: HEEL SWITCHES, AND HITCHES

- 1&2 point right heel forward, step right in place, point left heel forward
- &3 step left in place, point right heel forward
- &4 hitch right knee, place right heel forward
- &5 step right in place, point left heel forward
- &6&7 step left in place, point right heel forward, step right in place, point left heel forward
- &8 step left foot in place, touch right next to left

START AGAIN
