

Seven Nation Army

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Nicky Tan (MY) - February 2017
音乐: 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
