

# 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

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