

7 Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - April 2012
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
