

Seven Nations

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Craig Cooke (UK) - February 2012
音樂: 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