

# Seven Nation Army

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**Count:** 64      **Wall:** 4      **Level:** High Beginner

**Choreographer:** Nicky Tan - February 2017

**Music:** Seven Nation Army by 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