

Seven Nation Army

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Count: 96

Wall: 2

Level: Phrased Advanced

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Intro: 16 count intro. App. 9 sec. into track. Start with weight on L foot

Sequence: ABB, ABB* (B*: see bottom of page), counts 25-32 of B, B, A (first 9 counts)

A Part: 64 counts, 2 walls

[1 - 8] R hitch back slide, ball step, L step lock step, R cross in front, L&R heel grinds back

&1 - 2 Hitch R knee (&), turn 1/8 L & step R a big step back to R diagonal (1), slide L towards R (2) 10:30

&3 Step L next to R (&), step R fwd (3) 10:30

4a5 Step L fwd into L diagonal (4), lock R behind L (a), step L into L diagonal sweeping R from back to front (5) 10:30

6 - 7&8& Cross R over L (6), squaring up to 12:00 walk back on L grinding R heel (7), Touch R next to L (&) walk back on R grinding L heel (8) touch L next to R (&) 12:00

[9 - 16] Syncopated L coaster, step 1/4 L, head turn 1/4 R, Hold, down, up & 1/4 R recovering to L

1 - 2& Step back on L (1), step R next to L (2), step L fwd (&) 12:00

3 - 4 Step R fwd (3), turn 1/4 L stepping onto L (4) 9:00

5 - 6 Turn head R to look to 12:00 (5), HOLD (6) 9:00

7 - 8 Roll body down bending knees (7), straighten knees and press on R to turn 1/4 L onto L (8) 12:00

[17 - 24] R back lock sweep, behind side 1/8 R, R toe press, point toe back, 1/4 L, heel touch

1&2 Step R back (1), lock L over R (&), step R back sweeping L to L side (2) ... Option: pony step 12:00

3 - 4& Cross L behind R (3), step R to R side (4), turn 1/8 R stepping L fwd hitching R knee (&) 1:30

5 - 6 Touch R toe forward (5), step R heel down (6) 1:30

&7 - 8 Tap L toe back (&), turn 1/4 L shifting from L toe to L heel (7), step down on L flicking R (8) 10:30

[25 - 32] Jazz box into rolling vine into R toe press, lean, shoulder shrugs & L weight change

1 - 2 Cross R over L (1), step back on L making 3/8 turn R (2) 3:00

3 - 4 Turn 1/4 R stepping R fwd (3), turn 1/4 R stepping back on L (4) ... Option: glide on counts 1-4 9:00

5 - 6 - 7 Turn 1/4 R touching R toe to R side (5), step down on R (6), lean R to R side (7) 12:00

&8&a L shoulder goes down/R up (&), R shoulder goes down/L shoulder up (8), L shoulder goes down/R up changing weight to L (&), R shoulder goes down/L shoulder up (a) 12:00

[33 - 40] R heel grind 1/4 R, ball cross, knee pop, side R, HOLD, ball R side rock, recover prep

1 - 2 Touch R heel over L (1), grind R heel 1/4 R stepping back on L (2) 3:00

&3&4 Step R to R side (&), cross L over R (3), pop both knees fwd (&), step feet down (4) 3:00

5 - 6 Step R to R side (5), sit back weight on L (6) 3:00

&7 - 8 Recover on to R stepping L next to R (&), step R to R diagonal (7), step L to L diagonal prepping body L (8) 3:00

[41 - 48] 1/4 R fwd R, 1/4 R toe drag, L step lock step, press hitch, behind bend & point L, drag L

1 - 2 Turn 1/4 R stepping R fwd (1), turn 1/4 R on R dragging L toe next to R (2) 9:00

&3 - 4 Step L fwd (&), lock R behind R (3), step L forward (4) 9:00

&5 - 6 Step R to R side (&), Cross L behind R hitching R knee (5), move R knee around from front to back (6) 9:00

&7 Cross R behind L (&), bend in R knee pointing L to L side (7) 9:00

&8&a Drag L next to R over straightening in R knee with 4 shoulder shrugs up and down (&8&a) 9:00

[49 - 56] L side rock, recover, cross, $\frac{1}{4}$ L, $\frac{1}{4}$ L, R knee pop, $\frac{1}{4}$ R, $\frac{1}{2}$ R back L

1 - 2 Rock L to L side lifting R leg to hit the beat (1), recover on R (2) 9:00

3 - 4 Cross L over R (3), turn $\frac{1}{4}$ L stepping back on R (4) 6:00

5 - 6 Turn $\frac{1}{4}$ L stepping L to L side (5), prep body to L side and look towards 12:00 (6) 3:00

7 - 8 Turn $\frac{1}{4}$ R stepping R fwd (7), turn $\frac{1}{2}$ R stepping back on L (8) 12:00

[57 - 64] Big R step back, slide L, ball step LR, L samba step, step $\frac{1}{2}$ L, hitch R knee

1 - 2 Step R a big step back (1), slide L towards R (2) 12:00

&3 Step L next to R (&), step R fwd (3) 12:00

4&5 Cross L slightly over R (4), rock R to R side (&), recover on L (5) 12:00

6 - 7 - 8 Step R fwd (6), turn $\frac{1}{2}$ L stepping onto L (7), hitch R knee (8) 6:00

B Part: 32 counts/1 wall

[1 - 8] R side rock, grind recover, behind side, slow cross over, side L&R with heel flicks

1 - 2 Rock R to R side (1), grind R heel R opening body up to R diagonal and recover on L (2) 6:00

3 - 4 Cross R behind L (3), step L to L side (4) 6:00

&5 - 6 Hitch R knee (&), slowly cross R over L stepping on your R heel first (5), then step fully down on R foot (6) 6:00

7&8& Step L to L side (7), flick R heel to L side (&), step R to R side (8), flick L heel to R side (&) 6:00

[9 - 16] Side L, R behind sweep, behind side cross, hips bumps $\frac{1}{4}$ L, hip bumps $\frac{1}{2}$ L

1 - 2 Step down on L (1), cross R behind L sweeping L to L side (2) 6:00

3&4 Cross L behind R (3), step R to R side (&), cross L over R (4) 6:00

5&6 Point R to R side bumping hips R (5), bump hips L (&), turn $\frac{1}{4}$ L stepping back on R (6) 3:00

7&8 Turn $\frac{1}{4}$ L pointing L to L side and bumping hips L (7), bump hips R (&), turn $\frac{1}{4}$ L stepping L fwd (8) 9:00

[17 - 24] $\frac{1}{4}$ L into R&L Dorothy steps, cross back $\frac{1}{8}$ R, $\frac{1}{8}$ R ball cross, $\frac{1}{4}$ L back R

1 - 2& Turn $\frac{1}{4}$ L stepping R into R diagonal (1), lock L behind R (2), step R fwd (&) 6:00

3 - 4& Step L into L diagonal (3), lock R behind L (4), step L fwd (&) 6:00

5 - 6 Cross R heel over L (5), start turning $\frac{1}{4}$ R stepping L back with $\frac{1}{8}$ R (6) 7:30

&7 - 8 Finish $\frac{1}{4}$ R turning $\frac{1}{8}$ R stepping R to R side (&), cross L over R (7), turn $\frac{1}{4}$ L stepping back on R (8) 6:00

[25 - 32] $\frac{1}{4}$ L side step L, R knee pop in, R side step, L knee pop in, $\frac{3}{4}$ L walk around, hitch R

1 - 2 Turn $\frac{1}{4}$ L stepping L to L side (1), pop R knee in towards L knee (2) ...

Arms on count 2: cross arms in front of body snapping R&L fingers 3:00

3 - 4 Step R to R side (3), pop L knee in towards R knee (4) ... Arms on count 4: R&L arms go out to sides snapping fingers at the same time 3:00

5 - 6 -7 Turn $\frac{1}{4}$ L walking L fwd (5), turn $\frac{1}{4}$ L walking R fwd (6), turn $\frac{1}{4}$ L walking L fwd (7) 6:00

8 Hitch R knee up (8) 6:00

B*

There's a slight step change at the end of your 4th B, facing 12:00. On count 32 don't hitch R knee.

Instead you step down on R, next to L. Then turn $\frac{1}{4}$ L and start the last 8 counts of B facing 9:00

Ending You're facing 12:00. Do the first 8 counts of A then step back on L to finish facing 12:00 12:00

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=200851