



29.4.2012

## 7 Up

**Type:** 64 counts, 2 wall  
**Level:** intermediate  
**Choreographer:** Kate Sala & Robbie McGowan Hickie (Eng)  
**Music:** "Seven Nation Army" by Marcus Collins (110 bpm)  
**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.

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**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.**

**2X 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**