Seven Nation Army

Count: 96 **Wall:** 2 **Level:** Advanced Phrased
Choreographer: Roy Hadisubroto (IRE) & Shane McKeever (IRE) - September 2025
Music: Seven Nation Army - Ben l'Oncle Soul

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] Step Back, Syncopated L coaster, step ¼ L, head turn ¼ R, Hold, down, up & ¼ R recovering to L

1 – 2&	Step back on L (1), step R back (2), step L next to R (&) 12:00
3 – 4	Step R fwd (3), turn ¼ 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 ¼ L onto L (8) 12:00

[17 – 24] R back lock sweep, behind side 1/8 R, R toe press, point toe back, ¼ 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 ¼ 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 ¼ 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 ¼ 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 ¼ 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 ¼ 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] ¼ R fwd R, ¼ R toe drag, L step lock step, press hitch, behind bend & point L, drag L

1 – 2	Turn ¼ R stepping R fwd (1), turn ¼ 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, ¼ L, ¼ L, R knee pop, ¼ R, ½ 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 ¼ L stepping back on R (4) 6:00
5 – 6	Turn ¼ L stepping L to L side (5), prep body to L side and look towards 12:00 (6) 3:00
7 – 8	Turn ¼ R stepping R fwd (7), turn ½ R stepping back on L (8) 12:00

[57 – 64] Big R step back, slide L, ball step LR, L samba step, step ½ 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 ½ 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 1/4 forward, hips bumps 1/2 L, hip bumps ½ 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 ¼ L stepping back on R (6) 3:00
7&8	Turn ¼ L pointing L to L side and bumping hips L (7), bump hips R (&), turn ¼ L stepping L fwd (8) 9:00

[17 – 24] ¼ L into R&L Dorothy steps, cross back 1/8 R, 1/8 R ball cross, ¼ L back R

1 – 2&	Turn ¼ 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 ¼ R stepping L back with 1/8 R (6) 7:30
&7 – 8	Finish ¼ R turning 1/8 R stepping R to R side (&), cross L over R (7), turn ¼ L stepping back on R (8) 6:00

[25 – 32] ¼ L side step L, R knee pop in, R side step, L knee pop in, ¾ L walk around, hitch R

1 – 2 Turn ¼ 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 ¼ L walking L fwd (5), turn ¼ L walking R fwd (6), turn ¼ 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 ¼ 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

Last Update: 20 Sep 2025