

**In 1970, the NFL officially absorbed the AFL, creating one league with two conferences ó the NFC and the AFC.**

**Then, the Miami Dolphins won Super Bowl VII, finishing the 1972 season undefeated. This remains the NFL's only perfect season, and it even gave birth to a legend. It was claimed that the '72 Dolphins popped champagne when the league's last unbeaten team finally chalked up their first loss of the year, but coach Don Shula eventually admitted this was untrue.**

The Steel Curtain was raised in the seventies, as the Pittsburgh Steelers won Super Bowls in 1974, 1975, 1978, and 1979. These wins were thanks to Pittsburgh's defense, featuring the intimidating figures of Joe Greene, Jack Ham, and Mel Blount, which slammed the gate shut on opponents.