

# New Normal

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Anna Ovaska (FIN) - June 2023

Musique: New Normal - Cooper Alan



Starting point: 6secs into track he sings "Used to be okay" start dance on the first "used" word.

\*1 tag after wall 2

\*1 restart on wall 5 after 16 counts

## [1-8] SIDE, STEP, SHUFFLE, ROCK, SAILORSTEP, STEP

- 1-2 Step Rf side and step Lf next to Rf leaving weight to Lf
- 3&4 Step R forward, step L beside R, step R forward
- 5-6 Rock step Lf forward and recover weight back to Rf
- 7&8& Step left behind right turning  $\frac{1}{2}$  L, step right to right, step left to left and step Rf next to Lf and leave weight to Rf

## [9-16] SIDE, STEP, SHUFFLE, ROCK, SAILORSTEP, STEP

- 1-2 Step Lf side and step Rf next to Lf leaving weight to Rf
- 3&4 Step Lf forward, step R beside L, step L forward
- 5-6 Rock step Rf forward and recover weight back to Lf
- 7&8& Step right behind left turning  $\frac{1}{2}$  R, step Lf to left, step Rf to right and step Lf next to Rf leaving weight to Lf

Restart here on wall 5

## [17-24] STEP, STEP, MAMBOSTEP, SWEEP, BEHIND, SIDE, CROSS ROCK, STEP, STEP

- 1-2 Step Rf forward, Step Lf forward
- 3&4 Rf rock forward, recover on Lf, Rf step back & sweep Lf back
- 5-6 Step Lf behind Rf, Step Rf side
- 7&8& Cross rock Lf over Rf and recover turning  $\frac{1}{4}$  to L and leave your weight to Lf. Step Rf next to Lf leaving weight to Rf turning  $\frac{1}{8}$  to R

## [25-32] PIVOT $\frac{1}{2}$ , $\frac{1}{2}$ TURNING STEP, $\frac{1}{2}$ TURNING STEP, STEP, PIVOT $\frac{1}{8}$ , RUN AROUND $\frac{1}{2}$

- 1-2 Step Lf forward diagonal and turn  $\frac{1}{2}$  to R leaving weight to Rf
- 3&4 Step Lf forward turning  $\frac{1}{2}$  R, Step Rf forward turning  $\frac{1}{2}$  R, Step Lf forward diagonal
- 5-6 Step Rf forward and turn  $\frac{1}{2}$  L leaving weight to Lf
- 7&8& Step Lf forward, make  $\frac{1}{8}$ turn left stepping Lf forward, make  $\frac{1}{8}$  turn left stepping Rf forward make  $\frac{1}{8}$  turn left, step Lf forward turning  $\frac{1}{8}$  to begin a new wall.

You are ready to start again!

There is an 8 count Tag after wall 2.

## TAG [1-8] ROCK, SHUFFLE, ROCK, SHUFFLE

- 1-2 Step Rf forward and recover weight back to Lf
- 3&4 Step Rf back, step Lf beside Rf, step Lf back
- 5-6 Step Lf back and recover weight back to Rf
- 7&8 Step Lf forward, step Rf beside Lf, step Lf forward

Enjoy dancing! You can contact me;

[marttila.anna.riikka@gmail.com](mailto:marttila.anna.riikka@gmail.com)

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