

# Norge

拍数: 64      墙数: 1      级数: Phrased Improver  
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音乐: Norge by Panetoz



Sequence: AAB Tag AAB AAA BA

## Part A – 32 counts

- 1 Step RF to R side
- 2 Cross LF behind R
- 3 Step RF to R side
- 4 Touch LF beside R
- 5 Turn  $\frac{1}{4}$  turn to L and step LF forward
- 6 Turn  $\frac{1}{2}$  turn to L and step RF back
- 7 Turn  $\frac{1}{4}$  turn to L and step LF to side
- 8 Touch RF beside L
  
- 9 Step RF back
- 10 Touch L heel forward
- 11 Step LF forward
- 12 Touch R toe back
- 13 Turn  $\frac{1}{4}$  turn to R and step RF to R side
- 14 Touch L toe to L side
- 15 Turn  $\frac{1}{4}$  turn to R and step LF back
- 16 Touch R heel forward

(count 9-16, you're on the same spot on the floor only changing weight)

- 17 Step RF forward
- 18 Turn  $\frac{1}{2}$  turn to L and put weight to LF
- 19 Step RF forward
- 20 Step LF forward
- 21 Step RF to R diagonally (1:30)
- 22 Hitch LF beside R
- 23 Step LF to L side
- 24 Hitch RF beside L
  
- 25 Step RF diagonally back to R (4:30)
- 26 Slide LF towards R
- 27 Step LF diagonally back to L (7:30)
- 28 Slide RF towards L
- 29 Step RF to R side
- 30-32 Rise hands slowly up in a big circle

## Part B – 32 counts

- 1-4 Bent your knee and go slowly done
- 5-8 Rise up slowly and take your hands up
  
- 9-12 Bent your knee and go slowly done
- 13 Rise up and step RF to R side and put R hand forward ("stop-hand")
- 14-16 Hold
- 17-20 Turn a full turn to R while you step R-L-R-L
- 21-24 Turn a full turn to L while you step R-L-R-L

25 Bend your knees and go down  
26 Strecht your knees  
27 Bend your knees and go down  
28 Strecht your knees  
29 Step RF to R side and put R hand forward ("stop-hand")  
30-32 Hold

**Tag**

1-4 Rise your hands up in a big circle

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