

# Hele Norge Danser

COPPERKNOB  
STEPSHEETS

拍数: 48      墙数: 1      级数: Phrased Beginner Fun dance  
编舞者: Svanhild Ottosen (NOR) & Mona Akersveen Schützer (NOR) - October 2020  
音乐: Hele Norge Danser - Staysman : (Music on Spotify and Tidal)



Seq: - dance - ABB AA A(-16) BB AA

Intro: 16 count

## Part A: 32 counts

**(1-8) rock to R side, recover L, rock to L side, recover R, rocking chair fwd and back**

1-2            Rock RF to R, recover on LF  
&3-4          RF together, rock LF to L, recover on RF  
&5-8          LF together, Rock RF fwd, weight back on L, Rock RF back, weight back on L

**(9-16) Heel grind ¼ turn (3 o'clock), coaster step, Heel grind ¼ turn (12 o'clock), coaster step**

1-2            Heel Grind RF ¼ Turn R, step LF to the side  
3&4          Step Rf back, Step Lf beside Rf (&), Step Rf fwd  
5-6          Heel Grind LF ¼ Turn L, step RF to the side  
7&8          Step Rf back, Step Lf beside Rf (&), Step Rf fwd

**(17-24) fwd touch, fwd touch, back touch, back touch**

1-2            Step fwd diagonal on RF, touch LF beside R  
3-4            Step fwd diagonal on LF, touch RF beside L  
5-6            Step back diagonal on LF, touch RF beside L  
7-8            Step back diagonal on RF, touch LF beside L

**(25-32) Pivot ½ turn, pivot ½ turn, jazz box**

1-2            Step RF fwd, turn ½, weight on L,  
3-4            Step RF fwd, turn ½, weight on L  
5-8            Cross RF over LF, step back on LF, step side right on RF, step LF next to RF

## Part B: 16 counts

**(1-8) Step out out, clap, hold, stomp**

1-2            Step RF to the side, Step LF to the side  
3&4          Clap Clap Clap  
5-6          Hold  
7&8          Stomp RF, stomp LF, Stomp RF

**(9-16) hold, roll hips, hold, shake your body**

1-2            Hold  
3&4          Roll hips counter Clockwise  
5-6          Hold  
7&8          Shake your body (do what you feel)

Dance, Shake your body, and have Fun ☐

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