

New Normal

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Anna Ovaska (FIN) - June 2023
音乐: 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;

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