Northern Spirit

拍數: 32 **牆數:** 4 **級數:** Improver

編舞者: Carolyn Jurek (CAN), Rob Fowler (ES) & I.C.E. (ES) - March 2021

音樂: Nalligigakku (Because I Love Her) - Joey Nowyuk : (not the instrumental version)

Intro: 16 counts (approx. 8 secs) (No Tags or Restarts)

S1 (1-8) R HEEL GRIND ¼ TURN RIGHT, R COASTER, L HEEL GRIND ¼ TURN LEFT, L COASTER

1-2	Rock fwd R heel twisting R toe from L to R making ¼ turn right, recover back L 3:00
3&4	Step back R, step L next to R, step fwd R
5-6	Rock fwd L heel twisting L toe from R to L making ¼ turn left, recover back R 12:00
7&8	Step back L, step R next to L, step fwd L

S2 (9-16) R ROCK STEP FWD, SHUFFLE ½ TURN RIGHT, STEP L FWD, BOUNCE HEELS 3/8 TURN RIGHT, STEP L FWD

1-2	Rock fwd R, recover back L
3&4	Make ½ shuffle turn right stepping R, step L next to R, step fwd R 6:00
5-6-7	Step L fwd (5), bounce heels twice (6-7) while making a slow 3/8 turn right towards 10:30 (weight ends on R) 10:30
8	Step L fwd 10:30

S3 (17-24) R ROCK FWD DIAGONAL, R SHUFFLE BACK, TOUCH L BACK, 5/8 TURN LEFT, R SIDE ROCK

1-2	Rock fwd R facing into diagonal, recover back L 10:30
3&4	Step R back, step L next to R, step R back 10:30
5-6	Touch L toe back (5), make 5/8 turn L stepping onto L (6) straightening to 3:00
7-8	Rock R to right side, recover L 3:00

S4 (25-32) STEP R, L SIDE ROCK, ½ TURNING L SAILOR, R KICK & POINT L-R, L HEEL, STEP L

&	Step R beside L (&) 3:00
1-2	Rock L to left side, recover R
3&4	Making a ½ turn left step L behind, step R to right side, step L to left side 9:00
5&6	Kick R fwd (5), step R beside L (&), point L toe to left side (6)
&7	Step L beside R (&), point R toe to right side (7)
&8&	Step R beside L (&), touch L heel in front (8), step L beside R (&)

Start Over

I hope you will enjoy dancing to this unique track, with catchy music and lyrics sung in Inuktitut - one of the Inuit languages of northern Canada

Contact: Choreographer Carolyn Jurek - carolynjurek@gmail.com