

# Typical Norwegian (Typisk Norsk)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Tom Inge Soenju (NOR), Rob Fowler (ES) & I.C.E. (ES) - 18 March 2021  
音樂: Typisk Norsk - Katastrofe & Alexander Rybak



Availability: Available from all major music providers.

Intro: 16 counts

Sequence: Repeating sequence.

Tag/Restart: 1 tag (done 3 times) and 1 restart.

End: Dance as normal until music ends and pose.

## SECTION 1: SYNC ROCK SWITCHES (R/L), R BALL-STEP, ½ L TURN, L COASTER STEP

1-2&      Rock RF fwd, Transfer weight onto LF, Step ball of RF next to LF  
3-4&      Rock LF fwd, Transfer weight onto RF, Step ball of LF next to RF  
5-6      Step (ball of) RF fwd, ½ L turn on balls of feet (weight on RF) [06:00]  
7&8      Step LF back, Step RF next to LF, Step LF fwd

## SECTION 2: JUMP OUT OUT (R/L), R BACK STEP, L BACK ROCK, RECOVER, ¾ R TURN (½, ¼), L SHUFFLE

&1-2      Jump RF out to R diagonal, Jump LF out to L side, Step RF back  
3-4      Rock LF back, Transfer weight onto RF  
5-6      ½ R turn stepping LF back, ¼ R turn stepping RF to R side [03:00]  
7&8      Step LF fwd, Step RF next to LF, Step LF fwd

RESTART here in wall 5 [03:00].

## SECTION 3: R ROCK, RECOVER, BALL, BACK STEP x2, ½ L SHUFFLE, STEP ½ L PIVOT, ¼ L BALL-TAP

1-2&      Rock RF fwd, Transfer weight onto LF, Step ball of RF next to LF  
3-4      Step LF back, Step RF back  
5&6      ¼ L turn stepping LF to L side, Step RF next to LF, ¼ L turn stepping LF fwd [09:00]  
7-8&      Step RF fwd, ½ L turn (weight on LF), ¼ L turn tapping ball of RF slightly to R side [12:00]

## SECTION 4: SYNC SIDE ROCK SWITCHES (R/L), STEP L PIVOT x2 (½, ¼)

1-2&      Rock RF to R side, Transfer weight onto LF, Step ball of RF next to LF  
3-4&      Rock LF to L side, Transfer weight onto RF, Step ball of LF next to RF  
5-6      Step RF fwd, ½ L turn (weight on LF) [06:00]  
7-8      Step RF fwd, ¼ L turn (weight on LF) [03:00]

Start again and enjoy!

TAG: The tag is done at the end of wall 2 [06:00], wall 3 [09:00] and wall 7 [09:00].

## V (HEEL) STEPS (OUT-OUT-IN-IN)

1-2      Step R heel fwd to R diagonal, Step L heel to L side (diagonal)  
3-4      Step RF back to centre, Step LF next to RF

Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

Mail: [tom@soenju.dance](mailto:tom@soenju.dance)

Facebook (Tom Inge Sønju): [www.facebook.com/tom.soenju](http://www.facebook.com/tom.soenju)

Website: [www.soenju.dance](http://www.soenju.dance)