

Northern Spirit

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Count: 32 **Wall:** 4 **Level:** Improver

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

Music: - Joey Nowyuk : (not the instrumental version)

Intro: 32

Restart : On Wall 5, 9 After 16 Count

[Sec1] MAMBO FORWARD/BACK/SIDE, COASTER STEP

- 1&2** Rock R forward(1), Recover L(&), Step R next to L(2)
3&4 Rock L back(3), Recover R(&), Step L next to R(4)
5&6 Rock R to R side, Recover L(&), Step R next to L(2)
7&8 Step L backward(7), Step R next to L(&), Step L forward

[Sec2] CROSS, BACKWARD, SIDE CHA, CROSS, ¼L BACKWARD, SIDE CHA (6)

- 1,2** Cross R over L(1), Step L backward(2)
3&4 Step R to R side(3), Step L next to R(&), Step R to R side(4)
5,6 Cross L over L(5), Turn ¼L stepping R backward(6) (9:00)
7&8 Step L to L side(7), Step R next to L(&), Step L to L side(8)

[Sec3] ⅛ R FORWARD CHA, ¼L FORWARD CHA, FORWARD PIVOT ¼L, FORWARD, PIVOT ⅛L

- 1&2** Turn ⅛R stepping R forward(1)(10:30), Lock L behind R(&), Step R forward(2)
3&4 Turn ¼L stepping L forward(3)(7:30), Lock L behind R(&), Step L forward(4)
5,6 Step R forward(5), pivot turn ¼L with rolling hip(6)
7,8 Step R forward(7), pivot turn ⅛L with rolling hip(8)

[Sec4] ROCK FORWARD, ½R FORWARD, ROCK FORWARD, TOGETHER, RIGHT TOE, HEEL, FORWARD, ROCK FORWARD, TOGETHER

- 1&2** Rock R forward(1), Recover L(&), Turn ½R Step R forward(2)
3&4 Rock L forward(3), Recover R(&), Step L next to R(4)
5&6 Touch R toe next to L, Touch R heel slightly right of L, Step R forward
7&8 Rock L forward(7), Recover R(&), Step L next to R(8)

Have a good time.,

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