



Northern Spirit

Choreographers: Carolyn Jurek (CAN) & Rob Fowler (ES) & I.C.E. – March 2021

Counts: 32 - Walls: 4 - Level: Improver (No Tags or Restarts)

Music: Nalligakku (Because I Love Her) by Joey Nowyuk - 3m 09s (not the instrumental version)

BPM: 120 (approx.) - Intro: 16 counts (approx. 8 secs)

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