



# Typical Norwegian (Typisk Norsk)

**Counts:** 32      **Walls:** 4      **Level:** High Improver  
**Choreographer:** Tom Inge Soenju (NOR), Rob Fowler (ESP), I.C.E. March 18th, 2021  
**Music:** "Typisk Norsk" by Katastrofe feat. Alexander Rybak.      **Track:** 2:47, 120 bpm  
**Availability:** Available from all major music providers.

**Note:**

**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 BALLSTEP, 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)