

NORWEGIAN WOOD

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CD: Rubber Soul Track 2

Sequence: INTRO, A, B, C, END Speed: 45 rpm

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Footwork Opposite Unless Noted

Norwegian Wood by The Beatles

Phase V+1 Hesitation Canter Waltz

INTRO

1-4 WAIT;; APT SWING; TOG TCH BFLY WALL;

- 1-2 {Wait} BFLY fc ptr & wall lead ft free;;
1---- 3-4 {Apt Swing} Trning LF to OP LOD sd & bk L,, swing R ft fwd
1---- DLC pt toe,,; {Tog Tch BFLY WALL} Trning RF to fc ptr sd &
fwd R to BFLY,, tch L to R,,;

5-8 TWISTY BALANCES LEFT & RIGHT;; TWIRL VINE 3; PICK-UP DLW;

- 1--4-6 5-6 {Twisty Balances Left & Right} Sd L,, XRIB of L (W XLIF of R),, recov L; Sd R,, XLIB of R (W XRIF of L),, recov R;
1--4-6 7-8 {Twirl Vine 3} Sd L,, XRIB of L,, sd L as twirl the W RF (W sd & fwd R trning ½ RF under joined lead hnds,, bk L cont RF trn under joined lead hnds,, cont RF trn sd & fwd R); {Pick Up DLW} Thru R,, trning LF to pick-up W sd L,, cl R to CP DLW;

PART A

1-4 HOVER; PICK-UP LK; TELEMAR SCP; OPEN NAT;

- 1--4-6 1-2 {Hover} Fwd L,, fwd & slightly sd R rising to ball of foot,, sd & slightly fwd L SCP DLC; {Pick-up Lk} Thru R,, trning LF to pick-up W sd L,, lk RIB of L (W lk LIF of R) CP DLC;
1--4-6 3-4 {Telemar SCP} Trning LF fwd L,, sd & fwd R arnd W,, sd & fwd L to SCP DLW (W bk R,, cl L to R heel trn,, sd & fwd R); {Open Nat} Fwd R,, trning RF sd & fwd L XIF of W,, bk R with R sd bk in BJO DRC (W fwd L,, fwd R,, fwd L);

5-8 IMPETUS SCP; WEAVE 6;; MANUV;

- 1--4-6 5-6 {Impetus SCP} Start RF body trn bk L,, cl R to L heel trn,, fwd L in SCP DLC (W fwd R,, fwd L arnd M,, trn to SCP fwd R DLC); {Weave 6} Fwd R,, fwd L trning LF W in front,, sd & bk R to BJO fc DRW;
1--4-6 7-8 {Cont Weave 6} Bk L cont LF trn,, bk R cont LF trn,, fwd L to BJO DW; {Manuv} Fwd R start RF trn,, sd L cont RF trn,, cl R to L end CP RLOD;

9-12 SPIN TRN; BOX FIN; OPEN REV TRN; HOVER CORTE;

- 1--4-6 9-10 {Spin Trn} Bk L pivot ½ RF,, fwd R heel to toe btwn W's ft cont RF trn to fc DLW,, recov sd & bk L (W fwd R pivot ½ RF,,

- sd & bk L cont RF trn., recov fwd R); **{Box Fin}** Bk R start LF trn., complete ¼ LF trn sd L., cl R end CP DLC;
- 1--4-6 11-12 **{Open Rev Trn}** Start LF body trn fwd L., cont LF trn sd & bk R., bk L in BJO fc DRC; **{Hover Corte}** Bk R trning LF., sd & fwd L with hovering action to BJO., bk R in BJO LOD (W fwd L., sd & fwd R with hovering action brush L to R., recov L BJO);
- 1--4-6
- 13-16 BK HOVER TO SCP; CHAIR & SLIP; 2 LEFT TRNS;;**
- 1--4-6 13-14 **{Bk Hover to SCP}** Bk L trning RF., sd & bk R cont RF trn with hovering action., to SCP LOD fwd L (W fwd R); **{Chair & Slip}** Lunge thru R., recov L., slip LF bk R DLC (W slip fwd L to CP);
- 1--4-6
- 1--4-6 15-16 **{2 Left Trns}** Start LF body trn fwd L., cont LF trn sd & bk R., cl L CP RLOD; Bk R trn LF., sd & fwd L., cl R CP DLW;
- 1--4-6

PART B

- 1-4 HOVER TELEMARCK; OPEN NATURAL; OUTSIDE SPIN; DBL BK LK;**
- 1--4-6 1-2 **{Hover Telemark}** Trn body slgt LF fwd L., trn body RF fwd R in CP (W sd & bk L.), cont trn body RF to SCP fwd L DLW;
- 1--4-6
- {Open Natural}** Fwd R., trning RF sd & fwd L XIF of W., bk R with R sd bk in BJO DRC (W fwd L., fwd R., fwd L);
- 1--4-6 3-4 **{Outside Spin}** In BJO start RF body trn toeing in with R sd lead bk L trning 3/8 RF., fwd R heel to toe cont RF trn., sd & bk L to CP DRW (W start RF body trn with L sd lead fwd R in BJO heel toe., cl L to R on toes of both ft trn RF 3/8 between steps 1 & 2., cont trn RF fwd R btwn M's feet to CP); **{Dbl Bk Lk}** In BJO bk R., lk LIF of R, bk R., lk LIF of R;
- 1-34-6
- 5-8 BOX FIN DLW; HOVER TELEMARCK; NATURAL HOVER CROSS;;**
- 1--4-6 5-6 **{Box Fin DLW}** Bk R start LF trn., fin ¼ LF trn sd L., cl R to L CP DLW; **{Hover Telemark}** Trn body slgt LF fwd L., trn body RF fwd R in CP., cont trn body RF to SCP fwd L DLW;
- 1--4-6
- 1--4-6 7-8 **{Natural Hover Cross}** Fwd R., trning RF sd & fwd L arnd W., cont RF trn step fwd R DLW in SCAR fc DLC (W fwd L., fwd R btwn M's feet trn strongly RF., bk L in SCAR); XLIF of R twd DLW chking., recov R, sd & fwd L., fwd R in BJO DLC;
- 1-34-6
- 9-12 REV FALLAWAY & SLIP; CURVING 3-STEP; OUTSIDE CHK;**
- OUTSIDE CHG BJO;**
- 1-34-6 9-10 **{Rev Fallaway & Slip}** Trning LF fwd L., cont LF body trn bk R, bk L in fallaway pos well under body., rise & trning LF slip R bk under body (W bk R., sd & bk L, bk R., rise & trning LF slip fwd L to CP) fc LOD; **{Curving 3-Step}** Trning LF fwd L., stretch R sd curving LF fwd R., fwd L in CP fc DRC;
- 1--4-6
- 1--4-6 11-12 **{Outside Chk}** Bk R trning LF., sd & fwd L., chk fwd R outside ptr to BJO; **{Outside Chg BJO}** Bk L., bk R trning LF., sd & fwd L with L sd fwd to BJO DLW;
- 1--4-6
- 13-16 MANUV; OVERTRN SPIN; RT TRNING LK SCP LOD; CHAIR & SLIP;**

- 1--4-6 13-14 {**Manuv**} Fwd R start RF trn,, sd L cont RF trn,, cl R to L end
 1--4-6 CP RLOD; {**Overtrn Spin**} Bk L pivot ½ RF,, fwd R pivot ½ RF
 (W sd & fwd L pivot ½ RF),, bk L with R sd bk fc RLOD;
 1-34-6 15-16 {**Rt Trning Lk SCP LOD**} Bring R sd bk step bk R,, lk LIF of R,
 1--4-6 trn RF to step fwd R btwn W's ft trn RF to SCP,, sd & fwd L in
 SCP LOD (W fwd L,, XRIB of L, sd & fwd L trn RF to SCP,, sd
 & fwd R LOD);
 {**Chair & Slip**} Lunge thru R,, recov L,, slip LF bk R (W slip
 fwd L to CP);

PART C

1-4 DBL REV; TELEMAR BJO; MANUV; HESITATION CHG;

- 1-3--- 1-2 {**DbI Rev**} Trning LF fwd L,, sd R arnd W cont LF trn, spin LF
 (W1-34-6) on R to CP fc LOD,, (W bk R,, cl L to R heel trn, cont LF trn sd
 1--4-6 R,, XLIF of R end CP); {**Telemar BJO**} Trning LF fwd L,, fwd
 & sd R arnd W trning LF,, fwd L in BJO DLW (W bk R,, cl L to
 R heel trn,, bk R BJO);
 1--4-6 3-4 {**Manuv**} Fwd R start RF trn,, sd L cont RF trn,, cl R to L end
 1--4-- CP RLOD; {**Hesitation Chg**} Trning RF bk L,, sd R fc DLC,
 draw L to R,;

**5-8 FRONT ZIG ZAG 4 SCAR; HOVER CROSS ENDING; SYNCO OPEN
 REV TO SLOW HINGE;;**

- 1-34-6 5-6 {**Front Zig Zag 4 SCAR**} Fwd L trning LF,, sd & bk R, XLIB of
 1-34-6 R fc DRC,, trning RF cl R to L end SCAR DLC (W bk R,, trning
 LF sd & fwd L, XRIF of L,, trning RF sd & bk L); {**Hover Cross
 Ending**} XLIF of R twd DLW chking,, recov R, sd & fwd L,, fwd
 R in BJO DLC;
 1-34-6 7-8 {**Synco Open Rev to Slow Hinge**} Trning LF fwd L blending to
 1----- CP,, cont LF trn sd & bk R to BJO, bk L in BJO,, cont LF trn bk
 (W1--4--) R in CP; Cont LF trn sd & bk L,, cont body trn to place W into
 hinge end DLW with L knee bent (W sd & fwd R cont LF trn,,
 XLIB of R with bent knee into hinge flick RIF of L),,;

**9-12 HOVER OUT TO SCP; CURVED FEATHER; BK HOVER TELEMAR;
 PICK-UP LK;**

- 4-6 9-10 {**Hover Out to SCP**} Trning body RF with no wgt,, sd R cont
 (W1--4-6) RF body with hovering action brush L to R,, in SCP fwd L DLW
 1--4-6 (W fwd R,, fwd & sd L trning RF with hovering action brush R
 to L,, in SCP fwd R DLW); {**Curved Feather**} Fwd R start RF
 trn,, sd & fwd L in front of W cont RF trn,, fwd R chk in BJO fc
 DRW (W fwd L,, trning RF sd & bk R,, bk L in BJO);
 1--4-6 11-12 {**Bk Hover Telemar**} Trning RF bk L cont RF trn,, sd & fwd R
 1--4-6 btwn W's ft cont RF trn,, sd & fwd L to SCP DLC; {**Pick-Up Lk**}
 Thru R,, trning LF to pick-up W sd L,, lk RIB of L (W lk LIF of
 R) CP DLC;

13-16 TELESPIN TO SCP;; OPEN NATURAL; IMPETUS SCP;

- 1--4-- 13-14 {**Telespin to SCP**} Trning LF fwd L,,, fwd & sd R arnd W,, pt L
 (W1--4-6) sd & bk with partial wgt still fcing W & DRW (W bk R,,, cl L to
 1--4-6 R heel trn,, fwd R twd LOD); Lead the W to run by as trn LF on
 (W&1--4-6) R ft to plc wgt on L fc LOD,,, fwd & sd R arnd W,, fwd & sd L to
 SCP DLW (W run by M starting on & ct fwd L/ fwd R,,, cl L to R
 toe spin,, fwd R DLW);
- 1--4-6 15-16 {**Open Natural**} Fwd R,,, trning RF sd & fwd L XIF of W,, bk R
 1--4-6 with R sd bk in BJO DRC (W fwd L,,, fwd R,, fwd L);
 {**Impetus SCP**} Start RF body trn bk L,,, cl R to L heel trn,, fwd
 L in SCP DC (W fwd R,,, fwd L arnd M,, trn to SCP fwd R
 DLC);

ENDING

**1-4 THRU TO LEFT WHISK; LADY SYNCO UNWIND 4 BJO LOD; HESIT
 CHG DRW; SLOW CONTRA CHK;**

- 1--4-6 1-2 {**Thru to Left Whisk**} Thru R,,, sd & fwd L trning body LF,,
 - cont LF body trn XRIB of L fc DLW wgt on both ft (W thru L,,,
 (W1-34-6) sd & fwd R trning body LF,, XLIB of R flick RIF of L); {**Lady
 Synco Unwind 4 BJO LOD**} With wgt on both ft stay low and
 unwind RF to put full wgt on R ft in BJO LOD (W unwind M fwd
 R,, fwd L, fwd R,, fwd L in BJO);
- 1--4-- 3-4 {**Hesitation Chg DRW**} Trning RF bk L,,, sd R fc DRW, draw L
 1----- to R CP,; {**Slow Contra Chk**} Trning body LF fwd L to contra
 chk W's head well to L;