Nordic Pulse

Count: 64 **Wall:** 2 **Level:** Easy Advanced

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Music: Say My Name - HEDEGAARD & Arash

Intro: 16 counts, app.13 secs into track. Start with weight on L foot
Phrasing: A, B, A, A, A, B, A + Ending
Note: Being a samba track try to replace the '&' count with a delayed 'a' count whenever you feel it appropriate.

A Part: 32 counts (note: A happens facing both 12:00 and 6:00)
[1 – 8] R&L samba whisks, volta ½ turn R, L cross rock & side rock

1a2	Step R to R side (1), rock back on L (a), recover on R (2) 12:00
3a4	Step L to L side (3), rock back on R (a), recover on L (4) 12:00
5&6	Turn ¼ R stepping R fwd (5), step L next to R (&), turn ¼ R stepping R fwd sweeping L (6) 6:00
7&8&	Cross rock L slightly over R (7), recover on R (&), rock L to L side (8), recover on R (&) 6:00

[9 – 16] Back L&R with sweeps, L sailor ¼ L, reverse R full turn, R pony step back

1 – 2	Step back on L making a big sweep with R to R side (1), step back on R making a smaller sweep L out to L side (2) 6:00
3&4	Cross L behind R (3), turn ¼ L stepping R next to L (&), step fwd on L (4) 3:00
5 – 6	Reverse ½ R stepping fwd on R (5), turn ½ R stepping back on L sweeping R to R side (6) 3:00
7&8	Step back on R hitching L knee (7), step L next to R (&), step back on R hitching L knee (8) 3:00

[17 – 24] ¼ L side with R point, flick L, L samba ¼ L, diamond 3/8 R

&1 – 2	Turn ¼ L stepping L to L side (&), point R to R side (1), recover on R flicking L back and up (2) 12:00
3&4	Cross L over R (3), rock R to R side (&), turn ¼ L when recovering onto L (4) 9:00
5&6	Step R into L diagonal (5), turn 1/8 R stepping L to L side (&), turn 1/8 R stepping back on R (6) 10:30
7&8	Step back on L (7), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L fwd (8) 1:30

[25 – 32] 1/8 R into ball side rock, behind side cross 1/8 R, step ½ L, reverse ½ sweep, 1/8 cross

&1 – 2	Turn 1/8 R stepping R next to L (&), rock L to L side (1), recover on R (2) … Styling: bend in knees on count 1 to hit the strong beat in the music. Straighten up on count 2 -3:00
3&4	Cross L behind R (3), step R to R side (&), cross L over R turning 1/8 R (4) 4:30
5 – 6	Step R fwd (5), turn ½ L onto L (6) 10:30
7 – 8	Reverse ½ R stepping onto R sweeping L fwd (7), cross L over R turning 1/8 R (8) 6:00

B Part: 32 counts (Note: B only happens facing 6:00)
[1 – 8] R&L side points, R&L toe touches travelling back, monterey ½ R into L side rock cross

1&2&	Point R to R side (1), step R next to L (&), point L to L side (2), step L next to R (&) 6:00
3&4&	Touch R slightly fwd (3), step back on R (&), touch L slightly fwd (4), step back on L (&) 6:00
5 – 6	Point R to R side (5), turn ½ R on L stepping R next to L (6) … Fun option: on count 5 bend in L knee sliding R foot to R side slapping floor with R hand. Straighten knee on count 6 - 12:00
7&8	Rock L to L side (7), recover on R (&), cross L over R (8) 12:00

[9 – 17] Jump RL together, cross, ¼ R into L back lock step, chug ¾ R, 1/8 R into R coaster

&1 – 2	Jump R to R side (&), jump L next to R (1), cross R over L (2) 12:00
3&4	Turn ¼ R stepping back on L (3), lock R over R (&), step back on L (4) 3:00
5 - 6 - 7	Turn ¼ R pressing R to R side (5), turn ¼ R pressing R to R side (6), turn ¼ R pressing R to R side (7) 12:00
8&1	Turn 1/8 R stepping back on R (8), step L next to R (&), step fwd on R (1) 1:30

[18 – 24] L rocking chair, L samba ½ L, R rocking chair, start a weave 1/8 R

2&3&	Rock L fwd (2), recover back on R (&), rock back on L (3), recover on R (&) 1:30
4&5	Step L fwd (4), turn ¼ L rocking R to R side (&), turn ¼ L when recovering onto L (5) 7:30
6&7&	Rock R fwd (6), recover back on L (&), rock back on R (7), recover on L (&) 7:30
8&	Cross R over L (8), turn 1/8 R stepping L to L side (&) 9:00

[25 – 32] 1/8 R with L sweep, ball step LR fwd with L sweep, ball touch behind, unwind 1 1/8 R

1 – 2	Turn 1/8 R crossing R behind L starting to sweep L out to L side (1), sweep L behind R (2) 10:30
&3 – 4	Step down on L (&), step R fwd starting to sweep L out to L side (3), sweep L fwd (4) 10:30
&5	Step down on L (&), touch R behind L bouncing knees (5) 10:30
6 - 7 - 8	Unwind 1 1/8 R on L bouncing knees 3 times 12:00

Ending

Finish your last A facing 6:00. Then unwind and turn ½ R stepping down on R facing 12:00.
Alternative/crazy ending: Do the ½ R and drop down bending in L knee sliding R foot out to R side and slapping the floor with R hand!...12:00