Northern Lights



Count: 32 Wall: 2 Level: Intermediate NC2S

Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - February 2025

Music: Northern Lights - Teddy Swims



Start .. On Vocals Cross,

Side Rock Cross.	AIA	4/0 0-1	1 0	0:4-	Dools Osses	0 0
SIDE ROCK Uross	1/4	III Shirai S	ten Lirnee	SIDE	ROCK Lings	: & L.rnee

1-2&3	Cross step Left over	Right. Rock Right to Right side,	recover side Left.	cross step Right over

Left.

4-5 Make 1/4 turn to Right stepping back on Left, continue to spiral/pivot 1/2 turn Right slightly

lifting Right knee, step forward on Right sweeping Left from back to front.(9.00)

6&7 Cross step Left across Right, step Right to Right side, rock Left behind Right slightly lifting

Right and pointing toe.

8&1 Cross step Right over left, step Left to Left side, cross step Right over Left.

Run, Run, Cross, Side, Back Rock, Rock, Recover, 1/2 Sailor Cross.

2&3 Make a 1/2 circle run to Left, L-R-L sweeping Right on last Run. (3.00)

4&5& Cross step Right over Left, step Left to Left side, cross rock Right behind Left, recover on

Left.

6-7 Rock Right to Right side leaning into it as you twist 1/8 turn Left grinding Left heel lifting Left

toe, recover on Left sweeping Right.

8&1 Make 1/4 turn Right stepping Right behind Left, step Left next to Right, 1/4 turn Right cross

stepping Right over Left.(9.00)

Side, Touch, Side, Behind, 1/4, Step, 3/4 Hitch, Side, Reverse Rocking Chair Rock, Back.

2&3 Step Left to Left side, touch Right next to Left, step Right to Right side.

&4& Cross step Left behind Right, make 1/4 turn to Right stepping Right forward, step forward on

Left. (12.00)

5-6 Pivot 3/4 turn to Right transferring weight to Right as you hitch Left at same time, step Left to

Left side. (9.00)

7&8&1 Make 1/8 turn to Right (facing 10.30) as you rock back on Right, recover on Left, rock forward

on Right, recover back on Left, make 1/8 turn to Left stepping back on Right as you sweep

Left from front to back. (9.00)

Behind, Side, Cross, Side Together, Cross, 1/4, 1/2, Cross, Side.

2&3 Cross step Left behind Right, step Right Right side, cross step Left over Right.

&4-5 Step Right to Right side as you take a small step slight diagonal to face 7.30, step Left next

Right. Cross step Right over Left.

6-7 Make 1/4 turn to Right stepping back on Left sweeping Right from front to back, make 1/2

turn Right stepping forward on Right sweeping Left from back to front.(6.00)

8& (1) Cross step Left over Right, step Right to Right side .

Tag End of Wall 2 Cross Rock & Cross Rock & Cross Side, Back Rock, Side Rock

1-2& Cross rock Left over Right, recover on Right, step Left to Left side.3-4& Cross rock Right over Left, recover on Left, step Right to Right side.

5-6 Cross step Left over Right, step Right to side.

7&8& Cross rock Left behind Right, recover on Right, rock Left to side, recover on Right.

Restart Wall 6 With Step Change. Dance Up to Count 5& of Section 2 then add these 3 Counts . 1/4, Back Rock, Recover.

6 Make 1/4 turn Left stepping back on Right,

7-8 Rock back on Left, recover on Right sweeping Left from back to front.(6.00)

