

Hele Norges Bestefar, (Memory of King Harald V of Norway)



Count: 104

Wall: 2

Level: High Improver Phrased

Choreographer: Mette Mørk (NOR) - August 2026

Music: A tribute to Kong Harald - OJHEDDAL



Sequence:

A + A8 + tag1, B, A + A8 + tag1, B 32, C + tag2, B32, C24

Part A 32 counts

Side, Together, Side touch x2

- 1-2 step RF diagonal fwd. Step LF beside RF.
- 3-4 Step RF diagonal fwd. Touch LF beside RF.
- 5-6 Step LF diagonal fwd. Step RF beside LF,
- 7-8 Step RF diagonal fwd. Step LF beside RF. Step RF diagonal fwd. Touch LF beside RF.

Tag 1 here on wall 2 and 5 (sway right and left) and you continue to part B

Rumba box back, Rumba box forward.

- 1-2 Step RF to right side. Step LF next to RF.
- 3-4 Step RF back. Touch LF next to RF.
- 5-6 Step LF to side. Step RF next to LF.
- 7-8 Step LF fwd. Touch RF next to LF.

Cross, point x2, pivot ½ turn left, Walk x2

- 1-2 Cross RF over LF. Point LF to left side.
- 3-4 Cross LF over RF. Point RF to right side.
- 5-6 Step fwd on RF. Make a ½ turn left (weight on LF).
- 7-8 Walk fwd on RF + LF.

Side rock, Behind side cross x 2

- 1-2 Step RF to right side. Recover to LF.
- 3&4 Step RF behind LF. LF to left side. Cross RF over LF.
- 5-6 Step LF to left side. Recover to RF.
- 7&8 Step LF beside RF. RF to right side. Cross LF over RF.

Part B 40 counts

Step, Touch, Back Kick, Coster Cross x2

- 1&2& step diagonal fwd on RF, touch LF behind RF, step back on LF, kick RF fwd.
- 3&4 step back on RF, Step LF next to RF, Cross RF over LF.
- 5&6& step diagonal fwd on LF, touch RF behind LF, Step back on RF, kick LF fwd.
- 7&8 step back on LF, step RF next to LF, cross LF over RF.

½ Turn left, Cross shuffle, ½ Turn right, Cross shuffle

- 1-2 Make a ¼ turn left stepping RF back. Make a ¼ turn left stepping LF to left side.
- 3&4 cross RF over LF. LF to Left side. Cross RF over LF.
- 5-6 Make a ¼ turn right stepping LF back. Make a ¼ turn right stepping RF to right side.
- 7&8 Cross LF over RF. RF to right side. Cross LF over RF.

Side rock, Behind side cross, Heel grind ¼ left, Coster step left

- 1-2 Step RF to right side. Recover to LF. (Reach right arm out to right side)
- 3&4 Step RF behind LF. LF to left side. Cross RF over LF.

- 5-6 Step LF heel to left side. Make a $\frac{1}{4}$ turn left.
7&8 Step back on LF. Step RF next to LF. Step fwd on LF.

Side rock, Cross shuffle, Side rock $\frac{1}{4}$ right , Pivot $\frac{1}{2}$ right

- 1-2 Step RF to right side. Recover to LF.
3&4 Cross RF over LF. Step LF to left side. Cross RF over LF.
5-6 Step LF to Left side. Make turn $\frac{1}{4}$ Right stepping RF fwd.
7-8 Step fwd on LF. Make a $\frac{1}{2}$ turn right. Step fwd on RF.

On wall 6 – 8 you drop the last 8 counts and move over to part c.

Walk fwd x2, mambostep, walk back x2, coster touch

- 1-2 Walk fwd on LF+RF.
3&4 Rock fwd on LF. Recover to RF. Step back on LF.
5-6 Walk back on RF + LF.
7&8 Step back on RF. Step LF next RF. Touch RF next to LF.

Part C 32 Counts

Side, Together, Side, Touch, Rockingchair

- 1-2 Step LF to left side. step RF next to LF.
3-4 Step LF to left side. Touch RF next to LF.
5-6 Step forward on RF. Recover to LF.
7-8 Step back on RF. Recover to LF.

Side, Together, Side, Touch, Rockingchair

- 1-2 Step RF to Right side. Step LF next to RF.
3-4 Step RF to right side. Touch LF next to RF
5-6 Step fwd on RF. Recover to LF.
7-8 Step back on RF. Recover to LF.

Pivot $\frac{1}{2}$ turn right x2, Jazz box

- 1-2 Step fwd on RF. Make a $\frac{1}{2}$ turn left.
3-4 Step fwd on RF. Make a $\frac{1}{2}$ turn left.
5-6 Cross RF over LF. Step LF back.
7-8 Step RF to left side. Step fwd on LF.

Cross point x2, Rock, Shuffle $\frac{1}{2}$

- 1-2 Cross RF over LF. Point LF to left side.
3-4 Cross LF over RF. Point RF to right side.
5-6 Step fwd on RF. Recover to LF.
7&8 Make a $\frac{1}{4}$ turn right stepping RF to side. Step LF next to RF. Make a $\frac{1}{4}$ turn right stepping RF fwd.

Tag 2 here on wall 7, Step LF next to RF and raise your hands in front of face.

You finish the dance on wall 9 after 24 counts facing 1200
