

Biring Manggis

Count: 76

Wand: 4

Ebene: High Beginner

Choreograf/in: Kristinawati (INA) - March 2023

Musik: Biring Manggis - Trio Lamtama



Tag 8 count

Sequence A-B-A-B-C-B-B-C-C-C-C-TAG-A-B-A-B-C-B-B-B

Intro 80 count

A. 20 count

Sec 1. FORWARD WALK-TOUCH-BACK WALK-TOUCH

1-4 Step R forward, step L forward, step R forward, touch L toe together.

5-8 Step L back, step R back, step L back, touch R toe together. (12.00)

Sec 2. 1/2 ROLLING TURN- 1/4 TURN-1/2 PIVOT

1-4 1/2 turn to right step R back(06.00), step L forward, step R forward, touch L toe together.

5-8 1/4 turn to left step L to side(03.00), 1/2 turn to left step R forward, step L in place, touch R toe together.(09.00)

Sec 3. KNEE POP

1-4 Knee (down, up, down, up)

B. 24 count

Sec 1. SIDE-TOGETHER-SIDE-TOUCH

1-4 Step R to side, step L together, step R to side, touch L toe together.

5-8 Step L to side, step R together, step R to side, touch L toe together.

Sec 2. FORWARD-TOUCH-1/4 TURN BACK-TOUCH-FORWARD-TOUCH-1/4 TURN BACK-TOUCH

1-4 Step R forward, touch L toe together, 1/4 turn to left step L back(09.00), touch R toe together.

5-8 Step R forward, touch L toe together, 1/4 turn to left step L back(06.00), touch R toe together.(06.00)

Sec 3. KNEE POP

1-4 Knee down and up in place (down, up, down, up)

5-8 Repeat 1-4

C. 32 count

Sec 1. TWIST

1-4 Move heel to R side, move toe to R side, move heel to R side, move toe to R side.

5-8 Move toe to L side, move heel to L side, move toe to L side, move heel to L side.

Sec 2. KNEE POP

1-4 Knee down and up in place(down, up, down, up)

5-8 Repeat 1-4

Sec 3. 1/2 TURN(TOUCH TOGETHER IN PLACE)

1-4 1/8 turn to right touch R toe, step L together, 1/8 turn to right touch R toe, step L together.

5-8 Repeat 1-4

Sec 4. 1/2 TURN(TOUCH TOGETHER IN PLACE)

1-4 1/8 turn to left touch L toe, step R together, 1/8 turn to left touch L toe, step R together.

5-8 Repeat 1-4

Tag. KNEE POP

1-4 Knee down and up in place(down, up, down, up)

5-8 Repeat 1-4
