

# PINGAL

Compte: 88

Mur: 4

Niveau: Phrased High Beginner



Chorégraphe: Gandes Setijo Winarni (INA) - November 2022

Musique: Pingal - NGATMOMBILUNG : (GuyonWaton Cover)

Intro : 28 Count

Sequence : AAA(24 Count) B tag B tag B tag A (24 Count) B tag BA (20 count)

Tag : 1 – 2 sway RL

**A: 40c**

**S1. SIDE, TOGETHER, SIDE, TOUCH (R, L) (Slow)**

- 1 - 4 Step R to side - Step L together - Step R to side - Touch L together
- 5 - 8 Step L to side - Step R together - Step L to side - Touch R together

**S2. ROCK CROSS, CHASSE**

- 1 – 2 Rock cross R over L, Recover on L
- 3 & 4 Step R to right side, Step L beside R, Step R to right side
- 5 – 6 Rock cross L over R, Recover on R
- 7 & 8 Step L to left side, Step R beside L, Step L to left side

**S3. FWD, RECOVER, CHASSE TURN, X2, BACK ROCK**

- 1 – 2 Rock R fwd (1) recover on L (2)
- 3 & 4 Turn 1/4 R, step right to R side (3) step L next to left (&) turn 1/4 R, step R fwd (4) (03.00)
- 5 & 6 Turn 1/4 R, step L to left side (5) step R next to left &, step L side (6) (09.00)
- 7 – 8 Rock R back (7) recover on L (8) (09.00)

**S4. ROCK SIDE, BEHIND, SIDE, CROSS (R, L)**

- 1 – 2 Rock R to right side, Recover on L
- 3 & 4 Cross R behind L, Step L to left side Cross R over L
- 5 – 6 Rock L to left side, Recover on R
- 7 & 8 Cross L behind R, Step R to right side, Cross L over R

**S5. ½ PIVOT TURN**

- 1 – 2 Step R forward, ¼ turn L (weight on L)
- 3 – 4 Step R forward, ¼ turn L (weight on L)
- 5 – 6 Step R forward, ¼ turn L (weight on L)
- 7 – 8 Step R forward, ¼ turn L (weight on L)

**B: 48c**

**S1. SIDE, TOGETHER, SIDE, TOUCH (R, L) (QUICK)**

- 1 - 4 Step R to side - Step L together - Step R to side - Touch L together
- 5 - 8 Step L to side - Step R together - Step L to side - Touch R together

**S2. DIAGONAL BACK, TOUCH, SIDE, TOUCH , ROCK FORWARD, RECOVER, TURN 1/4 RIGH-,SIDE, SIDE TOUCH ( WITH HIP- BUMP)**

- 1 – 4 Step Diagonal Back R - Touch L together - Step L to side - Touch R together
- 5 - 8& Step R forward - Recover on L - Turn 1/4 right, Step R to side - Touch L to side (Hip) - Bump ( 06.00)

**S3. TURN 1/4 LEFT - WALK, TURN 1/4 RIGHT, WEAVE**

1 – 4 Turn 1/4 left, Step L forward - Step R forward – Turn ¼ Step L side ( 12.00) – Touch R together

5 – 8 Step R to side - Cross L beside R - Step R to side - Touch L together

#### **S4. WEAVE, ROCK FORWARD, ROCK BACK**

1 – 4 Step L to side - Cross R beside L - Step L to side - Touch R together

5 – 8 Rock R forward, Recover on L, Rock R back, Recover on L

#### **S5. FORWARD Shuffle, ROCK FORWARD, ROCK Back, FORWARD Shuffle**

1 & 2 Step R forward, Step L beside R, Step L forward

3 – 6 Rock L forward, Recover on R, Rock L back, Recover on R

7 & 8 Step L forward, Step R beside L, Step L forward

#### **S6. JAZZ BOX TURN (4x)**

1 – 2 Cross R over L, ¼ turn Step back on L

3 – 4 Step R to right side, Cross L over R

5 – 6 Cross R over L, ¼ turn Step back on L

7 – 8 Step R to right side, Cross L over R

**ENDING : On wall 10 - A 20 count, then do this step for nice ending and make a pose**

**For more info about step sheet & song, please contact:**

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**14 November 2022**

**Last Update: 27 Dec 2022**

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