

Mbiring Manggis

COPPER KNOB
BY STEPHENETS

拍数: 40 墙数: 2 级数: Beginner
编舞者: Linda Yana & Feira Simatupang - June 2011
音乐: Mbiring Manggis by Vocal Group Natio



HEEL, TOE, SIDE SHUFFLE

1 – 2 R heel forward, Touch R toe beside L
3 & 4 Side shuffle R-L-R
5 – 6 L heel forward, Touch L toe beside R
7 & 8 Side shuffle L-R-L

PIVOT ½ LEFT, TURN ¼ LEFT, CLOSE, HIP BUMPS

1 – 2 Step R forward, ½ turn left weight on L
3 – 4 ¼ turn left Step R to right side, Close L beside R
5 – 6 Step R forward and hip bumps, Step R close to L
7 – 8 Step L forward and hip bumps, Step L close to R

CROSS, RECOVER, SIDE SHUFFLE

1 – 2 Cross R over L, Recover on L
3 & 4 Side shuffle R-L-R
5 – 6 Cross L over R, Recover on R
7 & 8 Side Shuffle L-R-L

FORWARD WALK, BACKWARD WALK

1-2-3-4 Walk forward on R-L-R, Close L beside R
5-6-7-8 Walk backward on R-L-R, Close L beside R

SWIVEL BOTH HEELS OUTWARDS AND INWARDS, JAZZ BOX ¼ TURN

1 – 2 Swivel both heels outwards and inwards
3 – 4 Repeat
5 – 6 Cross R over L, ¼ turn right Step back on L
7 – 8 Step R to right side, Close L beside R

REPEAT

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