

PINGAL

COPPERKNOB
STEPSHEETS

拍數: 88 牆數: 4 級數: Phrased High Beginner
編舞者: Gandes Setijo Winarni (INA) - November 2022
音樂: 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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