

Insos Kofiau

Count: 56

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Caecilia M Fatruan (INA) - November 2020

Musik: Insos Kofiau - Niko Lakulo



SEQUENCE : AA BB A BB AA BB A BB A

The dancing starts, when singer starts singing.

PHRASE A: 36 counts

(S1) ROCKING CHAIR RIGHT, CHASSE, TOUCH FWD BACKWARD X2

- 1-2 Rock RF to the R side, recover onto L, while rocking the Hips too.
3&4 RF step to the R side, LF Cross behind RF, RF step R side.
5&6 LF Touch forward, touch Backward, touch forward, touch backward.

(S2) ROCKING CHAIR LEFT, CHASSE, JAZZ BOX, TURN 1/4 RIGHT.

- 1-2 Rock LF to the L side, recover onto R, while rocking the hips too.
3-4 LF step to the L side, RF cross behind LF, LF Step L side.
5&6 RF Cross over LF, LF step L side while make quarter turn to the R side, RF step beside LF, LF step forward.

(S3) ROCKING CHAIR RIGHT, CHASSE, TOUCH FWD, BACKWARD X2

- 1-2 Rock RF to the R side, recover onto L, while rocking the hips too.
3&4 RF step to the R side, LF Cross behind RF, RF step R side.
5&6 LF touch forward, touch backward, touch forward, touch backward.

(S4) ROCKING CHAIR LEFT, CHASSE LEFT, JAZZ BOX TURN ¼ RIGHT.

- 1-2 Rock LF to the L side, recover onto R, while rocking the hips too.
3-4 LF step to the L side, RF cross behind LF, LF Step L side.
5&6 RF Cross over LF, LF step L side while make quarter turn to the R side, RF step beside LF, LF step forward.

(S5) OUT OUT, INN INN

- 1-2 RF step forward diagonal, LF step forward diagonal side by side with RF, shoulder width apart.
3-4 RF step back, LF step back, next to RF.

PHRASE B: 20 counts

(S1) SHUFFLE FWD RIGHT & LEFT, PIVOT TURN ½ L, WALK FWD X2.

- 1&2 RF step forward, LF close beside RF, RF step forward.
3&4 LF step forward, RF close beside LF, LF step forward.
5-6 RF step forward, Pivot turn ½ Left.
7-8 RF forward 1 step, LF forward 1 step.

(S2) TOUCH RF, STEP DIAGONAL LEFT FWD, TOUCH LF STEP DIAGONAL, HICKS

- 1-2 RF touch cross over LF, back.
3-4 RF Step diagonal left Forward over LF, LF step touch beside RF
5-6 LF touch cross over RF, back.
7-8 LF Step diagonal right forward over RF, RF Hicks

(S3) JAZZ BOX

1234 RF step cross over LF, LF step behind RF, RF step beside LF, LF cross in front of RF.

WELL DONE..YOU DID IT
