

Insos Biak

Count: 104

Wall: 1

Level: Phrased High Beginner

Choreographer: Yulia P M (INA) & Evi Suyanti (INA) - August 2020

Music: (Lagu Papua) Insos Biak (2019)



Intro 36 Count (Free Style)

A = 36 Count. B = 32 Count. C = 36 Count.

TAG I = 2 Count. Tag II = 16 Count

Phrased : A Tag I A Tag II B B* A C A Tag II B B* A A C

A.I. FORWARD TOUCH (X2), SIDE TOUCH (X2), CROSS SHUFFLE, ½ TURN LEFT, CROSS SHUFFLE

1&2&3&4 Touch R fwd (1), Hitch (&), Touch R in place (2), Hitch ¼ turn right (&), Touch R to right side (3), Hitch (&), Touch R in place (4)

5 - &6 Cross R over L (5), Step L to left side (&), Cross R over L (6)

7 - &8 Make ½ turn left cross L over R (5) facing 6.00, Step R to right side (&), Cross L over R (8)

A.II. REPEAT A.I

A.III. FORWARD, CLOSE, TURN & SIDE STEP, TOUCH, TURN & FORWARD, CLOSE, TURN & SIDE, TOUCH

1 – 2 Step R forward (1), Close L beside R (2)

3 – 4 ¼ turn right Step R to side (3) facing 3.00, Touch L beside R (4)

5 – 6 ¼ turn left Step L forward (5) facing 12.00, Close R beside L (6)

7 – 8 ¼ turn left Step L to side (7) facing 9.00, Touch R beside L (8)

A.IV. ROCK, RECOVER, ¼ TURN RIGHT, CHASSE, CROSS OVER, RECOVER, CHASSE

1 - 2 Rock R fwd (1), Recover on L (2)

3 - &4 Make ¼ turn right step R to right side (3) facing 12.00, Step L beside R (&), Step R to right side (4)

5 – 6 Cross L over R (5), Recover on R (6)

7 - &8 Step L to left side (7), Step R beside L (&), Step L to left side (8)

A.V. ROCKING CHAIR

1 – 4 Rock R fwd (1), Recover on L (2), Rock R backward (3), Recover on L (4)

B.I. SIDE-BESIDE (X3) SIDE, TOUCH SIDE. HIP BUMP UP & RECOVER (X4)

1&2 Step R to right side (1), Step L beside R (&), Step R to right side (2)

&3&4 Step L beside R (&), Step R to right side (3), Step L beside R (&), Step R to right side (4)

5&6&7&8 Touch L side with hip bump up then recover weight on R (X4)

B.II. REPEAT B.I REVERSE

B.III. 1/8 TURN L, ROCKING CHAIR (X2), STEP SIDE, 1/8 TURN R, ROCKING CHAIR (X2)

1&2&3&4 Make 1/8 turn left rock fwd on R (1) facing 10.30, Recover on L (&), Rock fwd on R (2), Recover on L (&), Rock fwd on R (3), Recover on L (&), Step R to right side (4) facing 12.00

5&6&7&8 Make 1/8 turn right rock fwd on L (5) facing 1.30, Recover on R (&), Rock fwd on L (6), Recover on R (&), Rock fwd on L (7), Recover on R (&), Step L to left side (8) facing 12.00

B.IV. MODIFIED JAZZ BOX (X2)

1 – 4 Step R fwd (1), Cross L over R (2), Step back on R (3), Step L to left side (4)

Restart here on Wall 4 & 9 (B*)

5 – 8 Repeat 1 – 4

C. I. V STEP, ¼ JAZZ BOX R (OPTIONAL WITH SHIMMY SHOULDERS) 1 – 2 Step R diagonal fwd (1), Step

L diagonal forward (2)

- 3 – 4 Back R to center (3), Back L to Center (4)
5 – 6 Cross R over L (5), Step back on L (6)
7 – 8 Make ¼ turn right step R to right side (7) facing 3.00, Step L fwd (8)

C. II. REPEAT C.I (from facing 3.00 to facing 6.00)**C. III. SHUFFLE FORWARD R – L, ¼ JAZZ BOX R (OPTIONAL WITH SHIMMY SHOULDERS)**

- 1 &2 Step R fwd (1) facing 6.00, Step L beside R (&), Step R fwd (2)
3 &4 Step L fwd (3), Step R beside L (&), Step L fwd (4)
5 – 8 Cross R over L (5), Step back on L (6), Make ¼ turn right step R to right side (7) facing 9.00,
Step L fwd (8)

C.IV. REPEAT C.I (From facing 9.00 to facing 12.00)**C.V. ROCKING CHAIR**

- 1 – 4 Rock fwd on R (1) facing 12.00, Recover on L (2), Rock back on R (3), Recover on L (4)

TAG I (2 Count)**ROCK FORWARD, HITCH**

- 1- 2 Rock fwd on R (1), Hitch (2)

TAG II (16 Count)**V STEP (OUT-OUT-IN-IN), SHUFFLE FORWARD R – L**

- 1 – 2 Step R diagonal fwd (1), Step L diagonal forward (2)
3 – 4 Back R to center (3), Back L to Center (4)
5 &6 Step R fwd (5), Step L beside R (&), Step R fwd (6)
7 &8 Step L fwd (7), Step R beside L (&), Step L fwd (8)

V STEP (OUT-OUT-IN-IN), SHUFFLE BACKWARD R – L

- 1 – 2 Step R diagonal fwd (1), Step L diagonal forward (2)
3 – 4 Back R to center (3), Back L to Center (4)
5 &6 Step back on R (5), Step L beside R (&), Step back on R (6)
7 &8 Step back on L (7), Step R beside L (&), Step back on L (8)

Have fun and happy dancing

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