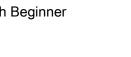
Insos Biak

Niveau: High Beginner

Compte: 32 **Mur:** 4 Chorégraphe: Winardi (INA) - July 2020 Musique: Insos Biak - Alkis Kawang





Intro 36 counts

S1. CROSS TOUCH, JAZZ BOX

- Touch RF over LF, step RF to R side 1.2
- 3,4 Touch LF over RF, step LF to L side
- Cross RF over LF, step LF back making 1/4 turn R 5,6
- 7.8 Step RF to R, step LF forward

S2. SWIVEL TO R, SWIVEL TO L (2X)

- 1&2 Swivel both heels to R, swivel both toes to R, swivel both heels to R
- 3&4 Swivel both heels to L, swivel both toes to L, swivel both heels to L
- 5&8 Swivel both heels to R, swivel both toes to R, swivel both heels to R
- 7&8 Swivel both heels to L, swivel both toes to L, swivel both heels to center

S3. FORWARD, ROCK STEP, PIVOT ½ TURN L

- 1,2 Step RF forward, step LF forward
- 3&4 Rock RF forward, recover on LF, step RF back
- 5&6 Rock LF back, recover on RF, step LF forward
- Step RF forward, 1/2 turn L step on LF 7,8

S4. SIDE, ROCK BACK, SHUFFLE ½ TURN L, JUMP TO SIDE

- Step RF to R, rock LF back, recover on RF 1&2
- 3&4 1/4 turn L step LF forward, close RF next to LF, 1/4 turn L step LF forward
- 5&6 Step RF to R by lift LF, step LF beside RF by lift RF, step RF to R by lift LF
- Step LF to L by lift RF, step RF beside LF by lift LF, step LF to L by lift RF 7&8

Tag 1, 6 counts after Wall 1

- 1-6 Sway to R-L (repeat)
- Tag 2, 4 counts after Wall 6, Wall 7, Wall 12, Wall 13
- 1-4 Sway to R-L (repeat)

Tag & Restart, 4 counts on Wall 3 & Wall 9 after 16 counts

1-4 Step RF forward, step LF forward, step RF forward, 1/2 turn L step on LF

Restart on WallS 5 & 11 after 28 counts

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