

Insos Biak

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Winardi (INA) - July 2020

Musique: Insos Biak - Alkis Kawang



Intro 36 counts

S1. CROSS TOUCH, JAZZ BOX

- 1,2 Touch RF over LF, step RF to R side
- 3,4 Touch LF over RF, step LF to L side
- 5,6 Cross RF over LF, step LF back making $\frac{1}{4}$ turn R
- 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 $\frac{1}{2}$ 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
- 7,8 Step RF forward, $\frac{1}{2}$ turn L step on LF

S4. SIDE, ROCK BACK, SHUFFLE $\frac{1}{2}$ TURN L, JUMP TO SIDE

- 1&2 Step RF to R, rock LF back, recover on RF
- 3&4 $\frac{1}{4}$ turn L step LF forward, close RF next to LF, $\frac{1}{4}$ 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
- 7&8 Step LF to L by lift RF, step RF beside LF by lift LF, step LF to L by lift RF

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, $\frac{1}{2}$ turn L step on LF

Restart on Walls 5 & 11 after 28 counts

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