

# Insos Kofiau

拍数: 56                      墙数: 2                      级数: Phrased Improver  
编舞者: Caecilia M Fatruan (INA) - November 2020  
音乐: 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.  
5678                      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.  
5678                      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.  
5678                      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.  
5678                      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**

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