

# Insos Biak

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Winardi (INA) - July 2020  
音樂: 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

Contact: [humasildipusat@gmail.com](mailto:humasildipusat@gmail.com)