

Minang Insos

拍數: 86 牆數: 0 級數: Phrased Easy Intermediate
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音樂: Minang Insos - Kobogau Brown



Intro 30 counts

Sequence : ABB-ACC-AB-Tag-B-ACC

A (36 counts)

A1. MAMBO STEP, CHASSE TO R, ½ TURN R CHASSE TO L

1&2 Rock Rf forward, recover on Lf, step Rf together
3&4 Rock Lf back, recover on Rf, step Lf together
5&6 Step Rf to R, close Lf next to Rf, step Rf to R
7&8 ½ turn R step Lf to L, close Rf next to Lf, step Lf to L

A-SECTION 2 REPEAT SECTION 1

A3. JAZZ BOX, STEP FORWARD, POINT TOUCH

1,2 Cross Rf over Lf, step Lf back
3,4 Step Rf to R, step Lf forward
5,6 Step Rf forward, touch Lf to L
7,8 Step Lf forward, touch Rf to R

A4. BACK SHUFFLE, ROCKING CHAIR

1&2 Step Rf back (slightly to diagonal), close Lf next to Rf, step Rf back
3&4 Step Lf back (slightly to diagonal), close Rf next to Lf, step Lf back
5&6& Facing 10:30 rock Rf forward, recover on Lf, rock Rf back, recover on Lf
7&8 Rock Rf forward, recover on Lf, facing 12:00 step Rf to R

A5. ROCKING CHAIR

1&2& Facing 1:30 rock Lf forward, recover on Rf, rock Lf back, recover on Rf
7&8 Rock Lf forward, recover on Rf, facing 12:00 step Lf to L

B (20 counts)

B1. SHUFFLE FORWARD, PIVOT ½ TURN R, SHUFFLE FORWARD, PIVOT ½ TURN L

1&2 Step Rf forward, close Lf next to Rf, step Rf forward
3,4 Step Lf forward, ½ turn R step on Rf
5&6 Step Lf forward, close Rf next to Lf, step Lf forward
7,8 Step Rf forward, ½ turn L step on Lf

B2. SAMBA WHISK, ROLLING VINES

1&2 Step Rf to R, rock Lf behind Rf, recover on Rf
3&4 Step Lf to L, rock Rf behind Lf, recover on Lf
5,6 ¼ turn R step Rf forward, ½ turn R step Lf back
7,8 ¼ turn R step Rf to R, touch Lf beside Rf

B3. SIDE, TOGETHER, SIDE, TOUCH

1-4 Step Lf to L, close Rf next to Lf, step Lf to L, touch Rf beside Lf

C (30 counts)

C1. BACKWARD, HITCH + CLAP, FORWARD, ½ TURN L WITH HITCH & CLAP

1-4 Step back on Rf - Lf - Rf, hitch on Lf with clap

5-8 Step forward on Lf - Rf - Lf, weight on Lf turn ½ to L hitch on Rf with clap

C2. BACKWARD, HITCH + CLAP, FORWARD, ½ TURN L WITH HITCH & CLAP

1-4 Step back on Rf - Lf - Rf, hitch on Lf with clap

5-8 Step forward on Lf - Rf - Lf, weight on Lf turn ½ to L hitch on Rf with clap

9,10 Step Rf back, close Lf next to Rf

C3. SIDE MAMBO

1&2 Rock Rf to R, recover on Lf, step Rf together

3&4 Rock Lf to L, recover on Rf, step Lf together

5-8 Repeat 1-4

C4. SWIVEL

1-4 Swivel both heels to R-L-R-center

Have Fun....
