

# Minang Insos

拍數: 86      牆數: 0      級數: Phrased Easy Intermediate  
編舞者: Mei Lestari (INA) & Lisa Rumaropen (INA) - December 2020  
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....**

---