

# Insos Biak

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Winardi (INA) - July 2020

**Music:** 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 Wall 5 & 11 after 28 counts

**Contact:** humasildipusat@gmail.com