

Minang Insos

Count: 86

Wall: 0

Level: Phrased Easy Intermediate

Choreographer: Mei Lestari (INA) & Lisa Rumaropen (INA) - December 2020

Music: 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&8 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&8 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....
