

Instruction

Count: 32

Wand: 2

Ebene: Low Intermediate

Choreograf/in: Ernie Yin (INA) - September 2023

Musik: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



Intro: 32 count - 1 Restart & 3 Tags

S.1 WALK FORWARD - BOTAFOGO - CROSS - BACK - SLIDE

- 1 2 Walk forward 2 count on Rf - Lf
- 3 & 4 Step Rf cross over Lf - Step Lf to left - Step Rf in place
- 5 6 Step Lf cross over Rf - Step Rf back
- 7 8 Slide to Lf to left side 2 count (12.00)

S.2 TOUCH FORWARD & SIDE - COASTER 1/4 R - WALK - MAMBO CROSS 1/4 R

- 1 2 Touch Rf forward - Touch Rf to side
- 3 & 4 Turn 1/4 right Step Rf back - Close Lf beside Rf - Step Rf forward (03.00)
- 5 6 Walk forward 2 count Lf - Rf
- 7 & 8 Step Lf forward - Turn 1/4 right step on Rf - Step Lf cross over Rf

***ON WALL 7 STOP HERE AND DO TAG BEFORE RESTART**

S.3 SAMBA WHISK R&L - KICK & DROP - WALK

- 1 & 2 Step Rf to side - Step Lf back - Step Rf in place
- 3 & 4 Step Lf to side - Step Rf back - Step Lf in place
- 5 & 6 Kick Rf forward - Step Rf back - Bend Rf and drop body down weight on Rf
- 7 8 Walk forward step on Lf - Rf

S.4 ROCK FORWARD - BACK TOUCH 2X - SIDE ROCK - BACK SIDE FORWARD

- 1 2 Step Lf forward - Recover on Rf
- &3 &4 Step Lf back - Touch Rf forward - Step Rf back - Touch Lf forward
- 5 6 Step Rf to side - Recover on Rf
- 7 & 8 Step Lf behind Rf - Step Rf to side - Step Lf forward

TAG : AFTER WALL 2 , 4 , 7 (16 counts)

- TOUCH SIDE - HOLD (R & L)

- 1 - 4 Touch Rf to side - HOLD for 3 count
- & 5 -8 Close Rf beside Lf - Touch Lf to side - HOLD for 3 count

- PIVOT 1/2 L 2X - JAZZ BOX

- & 1 2 Close Lf beside Rf - Step Rf forward - Turn 1/2 left Step on Lf
- 3 4 Step Rf forward - Turn 1/2 left Step on Lf
- 5 6 Step Rf forward - Step Lf back
- 7 8 Step Rf to side - Step Lf forward

HAVE FUN & ENJOY ...
