

# My Simple Instruction

拍数: 64      墙数: 2      级数: Phrased Intermediate  
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音乐: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



Start on the lyrics 'wind to the left'

Sequence: A - A - B - C - A - A - B - C - A - A - B - B with Restart after 16 counts - C - A - A - A - A

## PART A: 16 counts

### A1: DOROTHY STEP, SWAYS, STEP BACK & BODY ROLL BWD, RECOVER, TOUCH, BACK, TOUCH WITH KNEE POP

1-2&      LF step diagonally L-forward, RF lock behind LF, LF step forward  
3-4      RF step side and sway R, recover on LF & sway L  
5-6      RF step back & start body roll backwards, finish bodyroll and sit back on RF  
&7&8      Recover on LF, RF touch next to LF, RF step back, LF touch forward while pushing L-knee up

### A2: STEP, TOGETHER, SHUFFLE FWD, STEP, ½ PIVOT, STEP-LOCK-STEP

1-2      LF step forward, RF close next to LF  
3&4      LF step forward, RF close next to LF, LF step forward  
5-6      RF step forward, make ½ turn L putting weight on LF  
7&8      RF step forward, LF lock behind RF, RF step forward

## PART B: 32 counts

### B1: OUT-OUT, COASTER STEP, ROCK FWD/RECOVER, STEP BACK, DRAG, HOLD

1-2      LF step diagonally L-forward, RF step diagonally R-forward  
3&4      LF step back, RF close next to LF, LF step forward  
5-8      RF rock forward, recover on LF, RF big step back & drag LF on heel towards RF, hold

### B2: BALL, WALK, WALK, ¼ TURN HIP BUMPS, WALK ¾ TURN AROUND (IN CIRCLE)

&1-2      LF close on ball next to RF, RF walk forward, LF walk forward  
3&4      ¼ turn L & RF step side & bump hip R, bring hips back to center, bump hip R  
5-6      ¼ turn L & LF step forward, 1/8 turn L & RF step forward  
7-8      ¼ turn L & LF step forward, 1/8 turn L & RF step forward

\* restart in the 4th repetition of part B after 16 counts (see sequence note) □ □

### B3: CROSSING SAMBAS, CROSS, ¼ BACK, ¼ BIG STEP SIDE, DRAG

1&2      LF cross over RF, RF step side, LF step side (slightly travelling forward)  
3&4      RF cross over LF, LF step side, RF step side (slightly travelling forward)  
5-8      LF cross over RF, ¼ turn L & RF step back, ¼ turn L & LF big step side, RF drag toward LF

### B4: CROSS ROCK/RECOVER, TRIPLE FULL TURN, JAZZ BOX

1-2      RF cross over LF, recover on LF  
3&4      ¼ turn R & RF step forward, ½ turn R & LF step back, ¼ turn R & RF step side  
5-8      LF cross over RF, RF step back, LF step side, RF step forward

## PART C: 16 counts

### C1: HEEL GRIND, BALL, HEEL GRIND, BALL, CROSS, ¼ BACK, COASTER STEP

1-2&      LF cross heel over RF, RF step side while twisting L-toes to L, LF close next to RF  
3-4&      RF cross heel over LF, LF step side while twisting R-toes to R, RF close next to LF  
5-6      LF cross over RF, ¼ turn L & RF step back  
7&8      LF step back, RF close next to LF, LF step forward

**C2: HEEL GRIND, BALL, HEEL GRIND, BALL, CROSS, ¼ BACK, ½ TURN TRIPLE IN PLACE**

- 1-2&            RF cross heel over LF, LF step side while twisting R-toes to R, RF close next to LF  
3-4&            LF cross heel over RF, RF step side while twisting L-toes to L, LF close next to RF  
5-6              RF cross over LF, ¼ turn R & LF step back  
7&8              ¼ turn R & RF step in place, LF step in place, ¼ turn R & RF step in place

**Start over & have fun!□□**

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