

Instruction

拍数: 64

墙数: 1

级数: Phrased Novice - Non-Country
Funky



编舞者: Paul Steinborn (DE) - December 2017

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

Sequence: A,A,B,C, A,A,B,C, A,A, B,B', C',A, A,B

Part A: 16 counts

A1: STEP SIDE R/ SLIDE LF TOGETHER WITH BODYROLL/ BEND KNEES/ COME UP WITH 2 KNEE SPLITS

1,2 R Step R, Bodyroll Side R With Armmovement*
3,4 Bodyroll Side R, L Next To R
5,6 Down, Bend Knees Out
7&8 Up With Two Knee Splits

A2: OUT-OUT/OUT-OUT/FULL TURN L WITH LIFTED LF/ STEP SIDE L/ HIPROLL L

1,2 L Step L, R Step R (Recover)
3,4 L Step L, R Step R (Reover)
5,6 Full Turn L With L Knee Up, L Step L
7,8 Hip Circle L

Part B: 32 counts

B1: WALK R+L/ ROCK STEP FORWARD R WITH 1/4 TURN L/ BACK R+L/ 1/2 TURN R WITH LIFTED RF AND BODYROLL/ STEP R FORWARD

1,2 R Step Forward, L Step Forward
3,4 R Step Forward, 1/4 Turn L, Weight On L
5,6 R Step Back, L Step Next To R
7,8 1/2 Turn R, R Step Forward, L Touch Behind R

B2: SWEEP R BACKWARD/ SWEEP L BACKWARD/ COASTER STEP L/ JUMP R - STEP L BEHIND WITH A KICK R - HOLD - JUMP - TOGETHER

&1,2 L Step Back, R Sweap Back, Weight On R, L Sweap Back
3&4 L Step Back, R Next To L, L Step Forward
5,6 R Step Forward, Jump Back On L, Kick R Forward
7&8 Hold, Jump With Both Feets Out + In

B3: WALK R+L/ HITCH R/ 1/4 TURN R WITH STEP SIDE R/ 4 KNEE POPS R+L+R+L

1,2 R Step Forward, L Step Forward
3,4 R Knee Up, 1/4 Turn R, R Step R
5&6& R Knee In, Recover, L Knee In, Recover
7,8 R Knee In, Recover

B4: CROSS L/ OUT-OUT/ CROSS R/ OUT-OUT/ CROSS-BACK-SIDE/ TOUCH TOGETHER

1&2 L Cross Over R, R Diagonal Back, L Next To R
3&4 R Cross Over L, L Diagonal Back, R Next To L
5,6 L Cross Over R, R Step Back
7,8 L Step L, R Touch Next To L

Part C:

C1: OUT R/ HOLD/ HOLD/ HOLD/ PADDLE 1/4 TURN L/ HOLD/ HOLD/ HOLD

1,2 R Step Out R, Hold
3,4 Hold, Hold

5,6 1/4 Turn L, R Step R, Hold
7,8 Hold, Hold

C2: 1/8 PIVOTTURN L 2x/ CROSS-BACK-SIDE/ JUMP WITH HAND CLAP

1,2 R Step Forward, Weight Back On L With 1/8 Turn
3,4 Weight Forward On R, Weight On L With 1/8 Turn
5,6 R Cross Over L, L Step Back
7,8 R Step R, Jump Up With Both Feet Together (With Clap)

Part B': 16 COUNTS

B'1: WALK R+L/ ROCK STEP FORWARD R WITH 1/4 TURN L/ BACK R+L/ 1/2 TURN R WITH LIFTED RF AND BODYROLL/ STEP R FORWARD

1,2 R Step Forward, L Step Forward
3,4 R Step Forward, 1/4 Turn L, Weight On L
5,6 R Step Back, L Step Next To R
7,8 1/2 Turn R, R Step Forward, L Touch Behind R

B'2: SWEEP R BACKWARD/ SWEEP L BACKWARD/ COASTER STEP L/ JUMP R - STEP L BEHIND WITH A KICK R - HOLD - JUMP - TOGETHER

&1,2 L Step Back, R Sweep Back, Weight On R, L Sweep Back
3&4 L Step Back, R Next To L, L Step Forward
5,6 R Step Forward, Jump Back On L, Kick R Forward
7&8 Hold, Jump With Both Feet Out + In

Part C': 16 COUNTS

C'1: OUT R/ HOLD/ HOLD/ HOLD/ PADDLE 1/4 TURN L/ HOLD/ HOLD/ HOLD

1,2 R Step Out R, Hold
3,4 Hold, Hold
5,6 1/4 Turn L, R Step R, Hold
7,8 Hold, Hold

C'2: 1/4 PIVOTTURN L 2x/ CROSS-BACK-SIDE/ JUMP WITH HAND CLAP

1,2 R Step Forward With 1/4 Turn L, Weight Back On L
3,4 R Step Forward With 1/4 Turn L, Weight On L
5,6 R Cross Over L, L Step Back
7,8 R Step R, Jump Up With Both Feet Together (With Clap)

***Armmovement: Turn Your Arm Like A Lasso From R To L Side**

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