

Instruction

拍数: 48 墙数: 0 级数: Phrased Intermediate
编舞者: Ema Ambunsuri (INA) - February 2019
音乐: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



PHRASED: A, B, A, A, B, A, A TAG (AFTER WALL 5) B, A, A

START AFTER 16 COUNTS (AFTER LYRIC)

A: 32 COUNTS

SESSION A1: WALK , SIDE MAMBO, SIDE MAMBO

1 - 2 - 3 - 4 Walk R - L - R - L
5 - 6 Step R Side - Close R Together
7-8 Step L Side , Close L Together R

SESSION A2 : STEP BACK - JAZZ BOX

1-2 - 3 - 4 Step Back R , L , R , L
5 - 6 Cross R Over L , Step L Back
7 - 8 Step R Beside L , Step L Forward

SESSION A3 : FORWARD, IN PLACE, TURN 1/4 RIGHT , FORWARD TOUCH TO TOE , RECOVER , TURN 1/4 RIGHT , FORWARD , PIVOT , FORWARD , IN PLACE

1-8 Forward R - Step L In Place , Turn 1/4right , ,Forward R Touch To Toe , Recover L On R , Turn 1/4 Right , Forward R Touch To Toe , Forward L , Turn 1/2 Right , Step L In Place , Forward L , R In Place

SESSION A4 : TURN 1/4 LEFT, SAILOR STEP, DIAGONAL FORWARD, TOUCH, - DIAGONAL FORWARD, TOUCH , STEP BACK , STEP BACK

1 & 2 Sweep L , Step R Beside L , Forward L
3- 4 Diagonal R Forward , Touch L Beside R
5 - 6 Diagonal L Forward , Touch R Beside L
7 - 8 Step R Back , Step L Back Together R

B : 16 COUNTS

SESSION B1 : STEP SIDE, IN PLACE, CLOSE TOGETHER, STEP SIDE, IN PLACE, CLOSE TOGETHER, STEP SIDE CLOSE TOGETHER - FORWARD SHUFFLE

1- 2 & 3 Step R To Side , L In Place , Close R Together , Step L Side
4 & 5 - 6 R In Place , Close L Together R , Step R Side , Close L Together
7 & 8 Forward R , Close L Together , Forward R

SESSION B2 : PIVOT 1/2 RIGHT - FORWARD SHUFFLE - PADDLE TURN 1/4 LEFT - WITH HIP

1 - 2 Step L Forward , Turn 1/2 Right Step R In Place
3 & 4 Step L Forward , Step R Beside L , Step L Forward
5 - 6 Turn 1/4 Left Step R Forward , Step L In Place , With Hip
7 - 8 Turn 1/4 Left Step R Forward , Step L In Place , With Hip

TAG : 16 COUNT AFTER WALL 5

SESSION 1 & SESSION 2 , DIAGONAL FORWARD , TOUCH , BESIDE , STEP BACK , STEP BACK , STEP BACK , STEP BACK

SESSION 1

1 - 2 Step R Diagonal Forward , Touch L Beside R
3 - 4 Step L Diagonal Forward , Touch R Beside L
5 - 6 Step R Back , Step L Back
7 - 8 Step R Back , Step L Back

SESSION 2 DO IT TWO TIMES SESSION 1

ENJOY THE DANCE

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