

Instructions

拍数: 64 墙数: 1 级数: Phrased Advanced
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音乐: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



Sequence: AABC, AABC, AAB TAG C, AAB

PART A: 16 counts

A1: BEHIND 1/4 SIDE, TWISTS 1/4 HITCH, FORWARD ROCK RECOVER HITCH, SHUFFLE FORWARD

- 1&2 Step right behind left (1), making 1/4 left step left forward (&), step right to right (2)(9:00)
3&4 Twist both heels to right (3), twist both heels to left(&), making 1/4 left twist right heel to right while hitching left (4)(6:00)
5-6 Rock left forward (Bending body forward) (5), recover weight onto right while hitching left(6)
7&8 Step left forward (7), step right beside left (&), step left forward (8)

A2: ROCK RECOVER TRIPLE FULL TURN, CROSS SIDE SAILOR STEP

- 1-2 Rock right forward (1), recover weight onto left (2)
3&4 Making 1/2 right step right forward (3), making 1/4 right step left beside right (&), making 1/4 right step right slightly forward (4)
5-6 Cross left over right (5), step right to right (6)
7&8 Step left behind right (7), step right slightly to right (&), step left to left (8)(6:00)

PART B : 32 counts

B1: CROSS, SIDE ROCK 1/8 FORWARD, STEP, MAMBO FORWARD, WALK BACK

- 1 Cross right over left
2&3 Rock left to left (2), recover weight onto right (&) making 1/8 right step left forward (3)
4 Step right forward (4) (1:30)
5&6 Rock left forward (5), recover weight onto right (&) step left beside right (6)
7-8 Step right back (7), step left back (8) (1:30)

B2: SHUFFLE FORWARD, ROCK RECOVER HITCH, STEP BACK SWEEP, BEHIND SIDE 1/4

- 1&2 Making 1/4 right step right forward (1), step left beside right (&), step right forward (2) (4:30)
3-4 Rock left forward and hitch right behind left (3), recover weight onto right and sweep left front to back (4)
5-6 Step left back and sweep right back to front (5), Step right back and sweep left front to back(6)
7&8 Step left behind right (7), making 1/8 right step right to right (&) 1/8 right step left forward (8) (7:30)

B3: STEP BALL STEP RIGHT, STEP BALL STEP LEFT, ROCK RECOVER SHUFFLE BACK

- 1-2& Step right diagonally forward right (1), step left beside right (2), step right beside left (&)
3-4& Step left diagonally forward left (3), step right beside left (4), step left beside right (&)
5-6 Rock right forward (5), recover weight onto left
7&8 Step right back (7), step left beside right (&), step right back (8) (7:30)

B4: BEHIND 1/4 STEP FORWARD, LOCK STEP JAZZ BOX 1/8 CROSS

- 1-2 Step left behind right (1), 1/4 right step right forward (2) (10:30)
3&4 Step left forward (3), lock right behind left (&), step left forward (4)
5-6 Cross right over left (5), step left slightly back (6)
7-8 1/8 right step to right (7), cross left over right (8) (12:00)

Note Part B IS ALWAYS DANCE ON A DIAGONAL

PART C: 16 counts

C1: STEP SIDE TOUCH BACK HOLD, 1/4 SHUFFLE, STEP SIDE TOUCH BACK HOLD 1/4 SHUFFLE

- &1-2 Step right to right (&), touch left behind right (1), hold (2)
- 3&4 1/4 left step left forward (3), step right beside left (&), step left forward (4) (9:00)
- &5-7 Step right to right (&), touch left behind right (5), hold (6)
- 7&8 1/4 left step left forward (7), step right beside left (&), step left forward (8) (6:00)

C2: SIDE ROCK BACK RECOVER, SIDE ROCK BACK RECOVER, VOLTA 1/2, STEP SIDE

- 1-2& Step right to right (1), rock left behind right (2), recover weight onto right (&)
- 3-4& Step left to left (3), rock right behind left (4), recover weight onto left (&)
- 5& Step right 1/4 right forward (5), lock left behind right (&) (9:00)
- 6& Step right 1/8 right forward (6), lock left behind right (&) (10:30)
- 7-8 Step right 1/8 right forward (7), step left to left (8) (12:00)

TAG: 16 counts

POINT FORWARD, POINT SIDE BEHIND SIDE CROSS, SIDE ROCK SAILOR 1/2 TURN

- 1-2 Point right forward (1), point right to right (2)
- 3&4 Step right behind left (3), step left to left (&), cross right over left
- 5-6 Rock left to left (5), recover weight onto right (6)
- 7&8 1/4 left step left back (7), 1/4 left step right to right (&), step left to left (8) (6:00)

Repeat above 8 counts which will end at 12:00
